# EAT YOURSELF HEALTHY

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# EAT YOURSELF HEALTHY

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# INTRODUCTION

About eight pages in this book were borrowed (and paid for) from the very accomplished writer, Barbara Gibbons, and are possibly the only really funny pages in the book—No, I won't tell you which ones. Thank you, Barbara, for helping jump start this important work.

"Sylvia's telling everyone she lost 9 lbs., but she lost only 7."

Margaret's intentions were to only even out the edges of the cheesecake.

# YOU ARE WHAT YOU EAT

Some people are Ben & Jerry's Heath Bar Crunch and some are McDonald's Hamburgers. Potato chip people crumble at the slightest touch while mashed potato people have squishy stomachs.

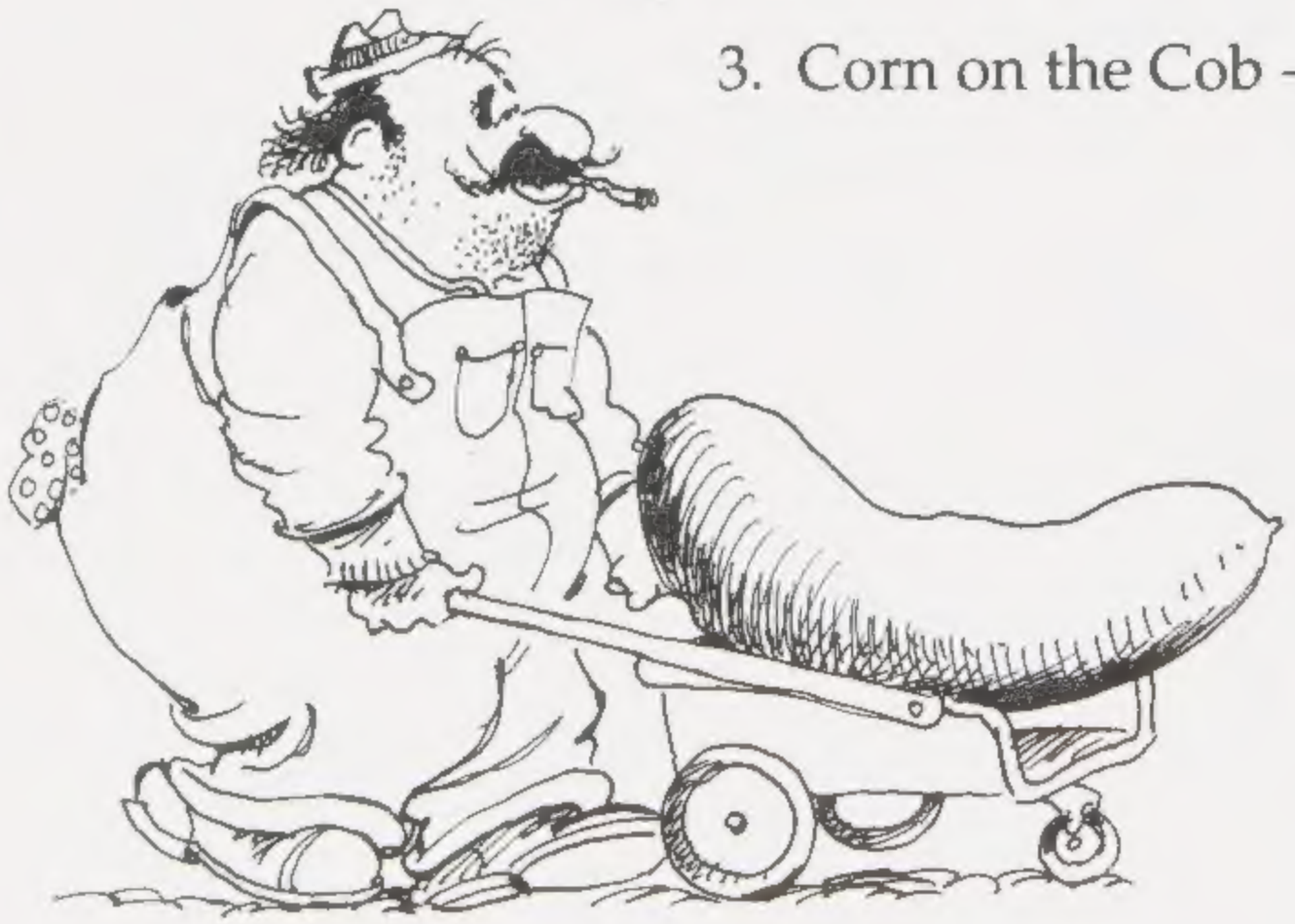
This fact-filled book is full of scientifically developed tips to help you gain the kind of health and shape you want through eating.

# YOU ARE WHAT YOU EAT

Control top pantyhose hides
all but three of the donuts
Patty ate last week.

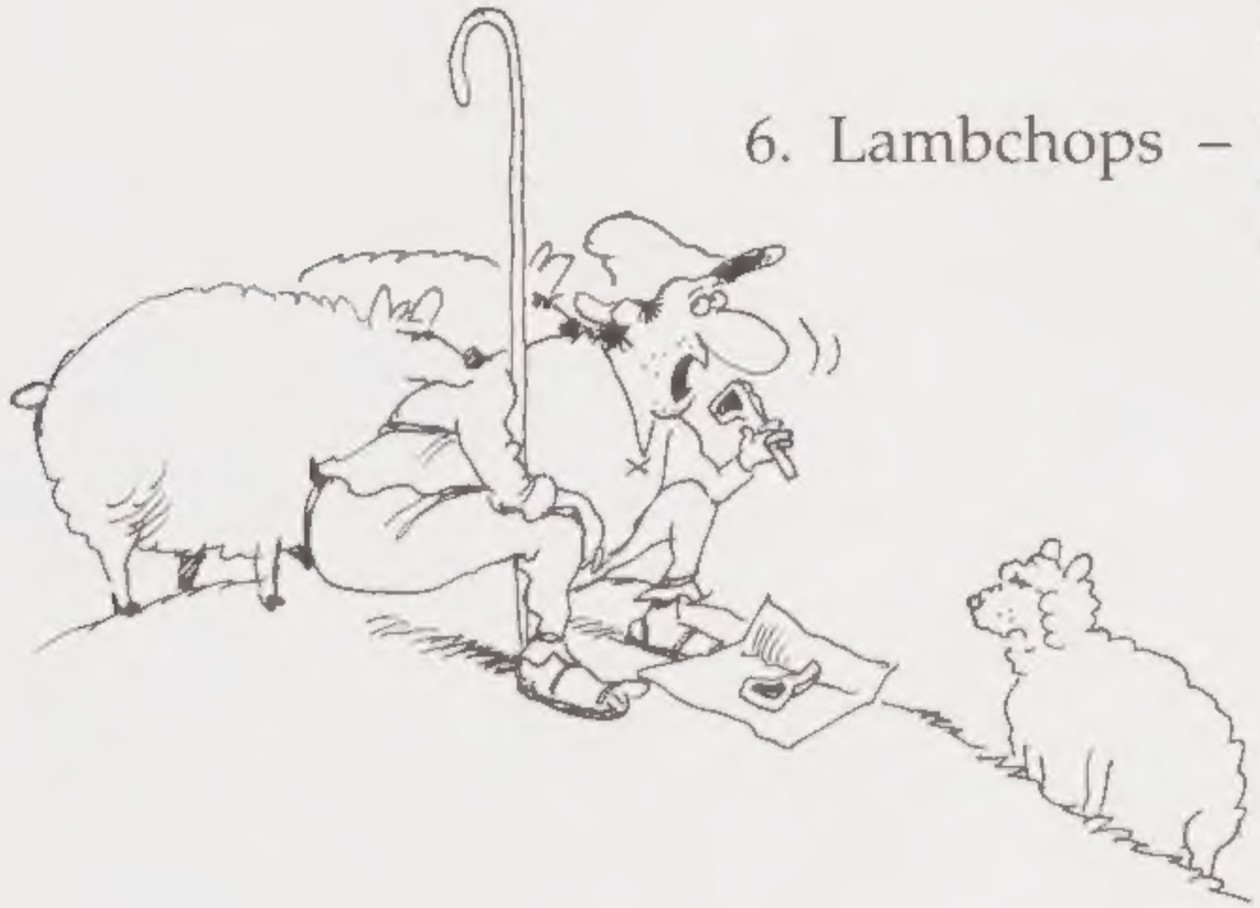
# YOU ARE WHAT YOU EAT

1. Carrots – brighten your eyes and help you see at night.
2. Zucchini – the big sex vegetable, if you know what I mean. Where do you think Italian men got that reputation?



3. Corn on the Cob – makes your bowel movements more interesting and encourages you to floss your teeth.

4. Jello – gets a person moving in aerobics class.
5. Potato Skins – full of vitamins and minerals and keeps the melted cheese and bacon bits from dribbling onto your lap.
6. Lambchops – Yumm!!—especially the burnt crispy part on the bone.



# 5 WAYS TO GET VITAMINS FROM CANDY

1. Green M&M's have the same nutritional value as broccoli.
2. Chocolate bars with nuts are full of protein.
3. Cotton candy is the world's best source of fiber.
4. Candy corn is not just for Halloween. Eat them year round.
5. Everyone knows oatmeal cookies are good for you—cram more energy into them by adding chocolate chips!

# THE 4 BASIC FOOD GROUPS

Chicken LICKIN'
Where Life is Just a Bowl of Chicken Fat
CRISPY BOSOMS .. M
CRISPY WINGS ... M
EXTRA CRISPY LEGS M
DIET CRISPY BONES...M
CRISPY BEAKS .... M
CRISPY POTATO .....M
CRISPY SLAW ..... M
HOLD THE CRISPY... M
ALL SERVINGS FULFILL 100% OF YOUR MIN. DAILY REQUIREMENT of CRISP

Forget what you learned in school. My kids recently brought home the new Surgeon General's report.

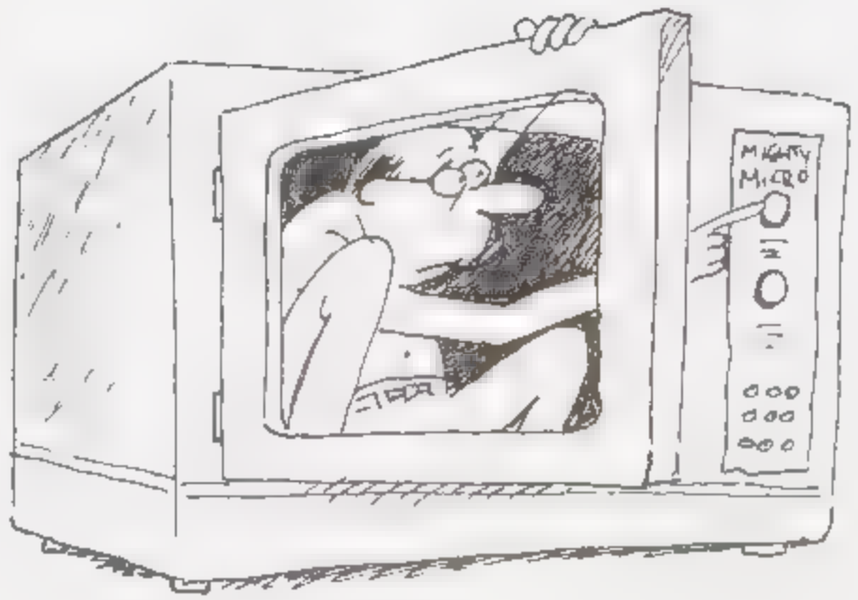
1. Pizza
2. Hamburgers
3. Crispy anything
4. Chocolate

To be effective, of course, the chocolate must be used for dessert.

# DIETS & CALORIES

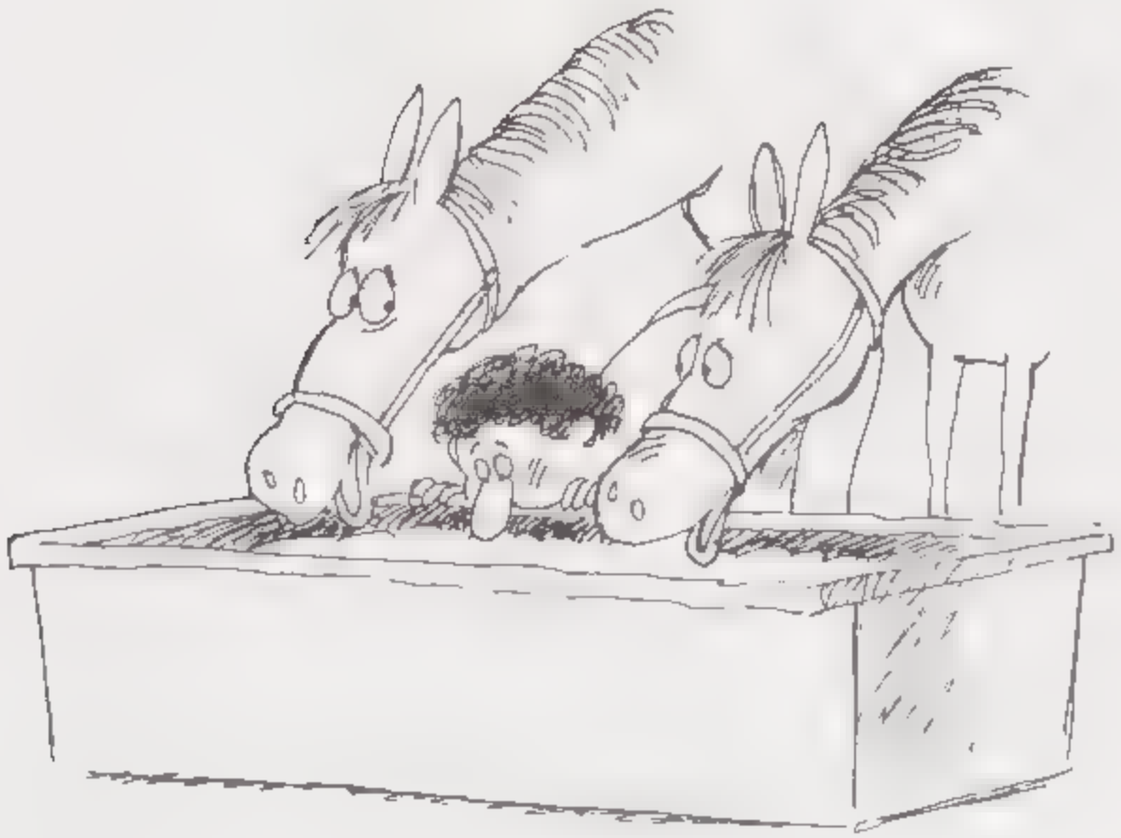
Dieting is a stupid way to try to lose weight. A much better way is to reduce your calories by taking them out of the food before you eat them.

1. Microwave out the calories. Any food heated in a microwave oven has most of the calories removed by electronics. Everyone knows microwave popcorn is a health food.
2. Use saccharin to wash the calories away. A hot dog and french fries, for example, washed down with Tab is calorie free because the saccharin in the soda dissolves the fat in the food and flushes it out of your system.



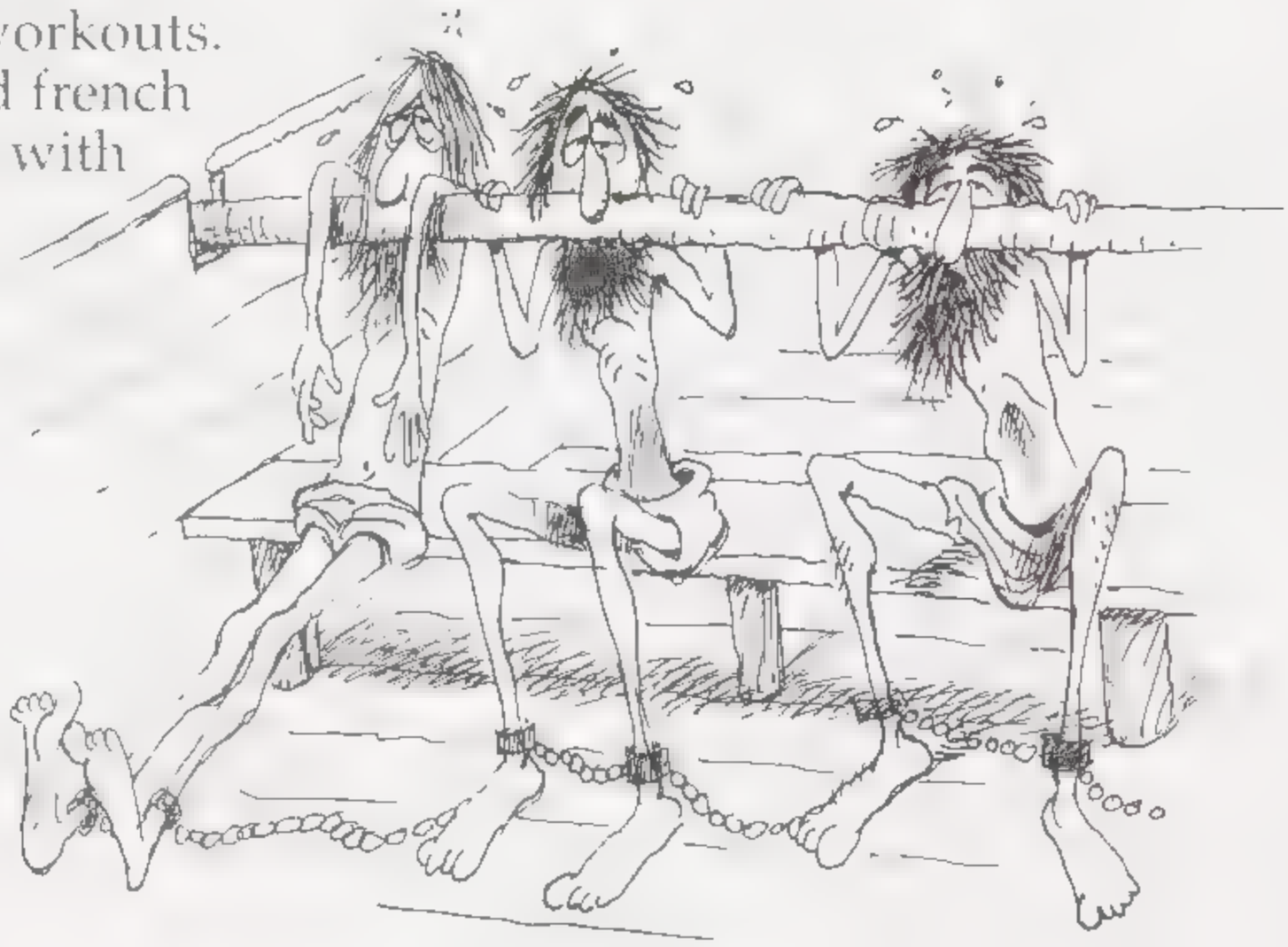
# DIETS & CALORIES

Surrounding the food with bran makes calories pass through your system without being absorbed. This is why bran muffins are so healthy and good for you, especially with cream cheese.



# EXERCISE YOURSELF SKINNY

Exercising increases your metabolism and allows you to continue to burn more calories even after you stop exercising. Many people have wasted away because of this phenomenon which is why it's important to carbo load before and after your workouts. Lasagna, linguine, pizza and french fried potatoes are all loaded with carbohydrates.



# EXERCISE YOURSELF SKINNY

"And what do you folks do to maintain your cardiovascular fitness?"

# EXERCISE & HEALTH

When you exercise, your body produces hormones called endorphins which are injected directly from your pituitary gland into your brain. I'm not making this up. These endorphins give you a euphoric feeling just like some drugs that are available on street corners around the country.

You can bet your bippy that when the government finds out about these hormones, they're going to do something about regulating them.

You burn lots of calories even before starting to exercise. Just buying all those workout books and talking to annoying skinny people who exercise all the time, adds up to some real calories.

| Activity | Calories Burned |
|---|---|
| Finding exercise books | 23 calories |
| Carrying them home | 34 calories |
| Actually reading them | 37 calories |
| Talking to exercise nuts about exercising | 98 calories |
| If it's your wife or husband | 197 calories |

# EXERCISE & HEALTH

## NO PAIN, NO GAIN VS. IT CAN'T BE BAD IF IT FEELS GOOD

Those of the "No Pain, No Gain" school of thought lift heavy weights, swim, row, run, ride prodigious distances and generally smell up health clubs, and have hard, little asses. The "Can't Be Bad If It Feels Good" people hang out in the hot tubs, saunas, and bars. They smell like roses, are generally cuddly, and tend to have soft, round tushes.

Losing weight through exercise is easy and rewarding provided you like to run, say, from Chicago to Cleveland each week. You need to burn 3,500 calories to lose one pound so if you're interested in dropping 10 or 15 pounds, you'll have to ride your bike across China, or swim to Haiti, or something like that.

Actually, you can lose weight by exercising if you do a little each and every day, but the only people with the discipline to do this are already skinny.

# JUICERS

This year's fad is Juicers, which replaced breakfasts that came in a can, the Grapefruit Diet, and oat bran. Juicers promise rejuvenated health, cures for every horrible disease and an easy way to weight reduction. It may be true but no one uses them after the first few days because they are so impossible to clean. Also it takes 42,000 carrots to fill an 8 ounce glass which will probably upset your digestive system (read—Bowel Movements).

Put your Juicer in the closet next to the electric knife and bread making machine.

# JUICERS

The anteater family wonders whether their new juicer is really worth the trouble.

# ICE CREAM IS A HEALTH FOOD

Ice cream is made from friendly cows' milk. What could be more nutritious? Quality manufacturers have even added an energy factor in the form of fudge, M&M's, Heath Bar Crunch and other fortifiers to give you an extra lift when you eat it.

One portion from the following ice creams should be eaten every day:

Haagen Daz
Ben & Jerry's
Dove Bar
Frozen Snickers

# ICE CREAM IS A HEALTH FOOD

# AN HONEST APPRAISAL OF BREAKFAST CEREAL

Wheaties — These will make you a champion but may need strawberries on top to make eating them worthwhile.

Cheerios—Shaped like letter O's, full of oats, and 2-year-olds love to play with them.

Sugar Smacks—Yummm!

# AN HONEST APPRAISAL OF BREAKFAST CEREAL

Corn Flakes—It gets soggy faster than a speeding bullet but it's been around so long that someone must like it.

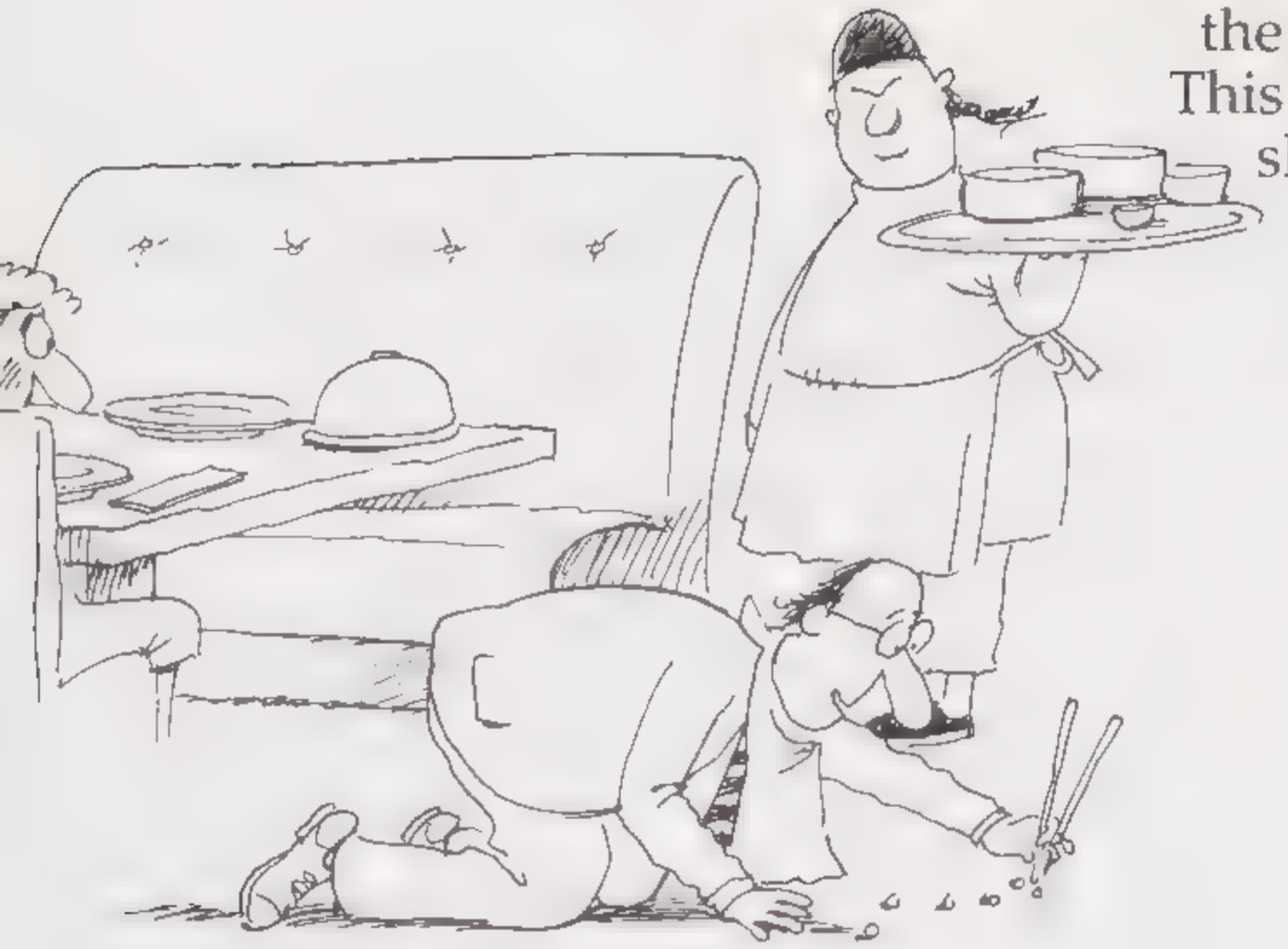
Shredded Wheat—Anything that tastes this bad just has to be good for you.

Bran—Everyone knows why you're eating it, which is sort of like announcing to the whole world why you spend so much time in the toilet.

# FOREIGN FOODS BURN CALORIES

Mexican and Thai food are much too hot for calories to survive in them. You can eat these foods with impunity throughout any diet. The same goes for Sweet and Sour Soup.

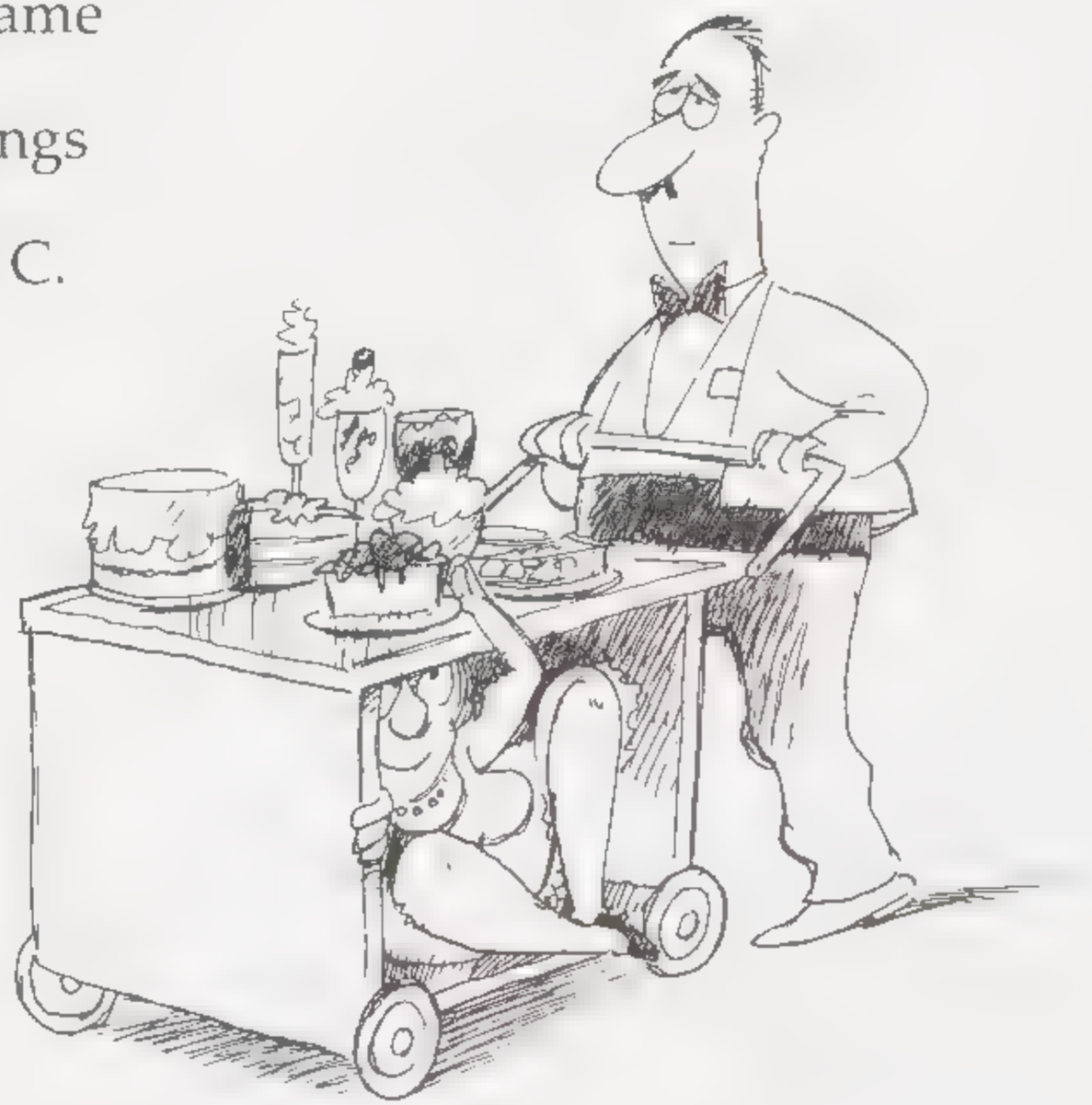
# FOREIGN FOODS BURN CALORIES



Have you ever seen a fat Chinese person? Of course not! People are always starving in China, like your mother told you, and you know why? CHOPSTICKS! Any food eaten with chopsticks consumes double the calories in the food itself because of the effort of getting it to your mouth. This is especially true if it's something slippery, like peanuts, or big like a whole Szechuan fish.

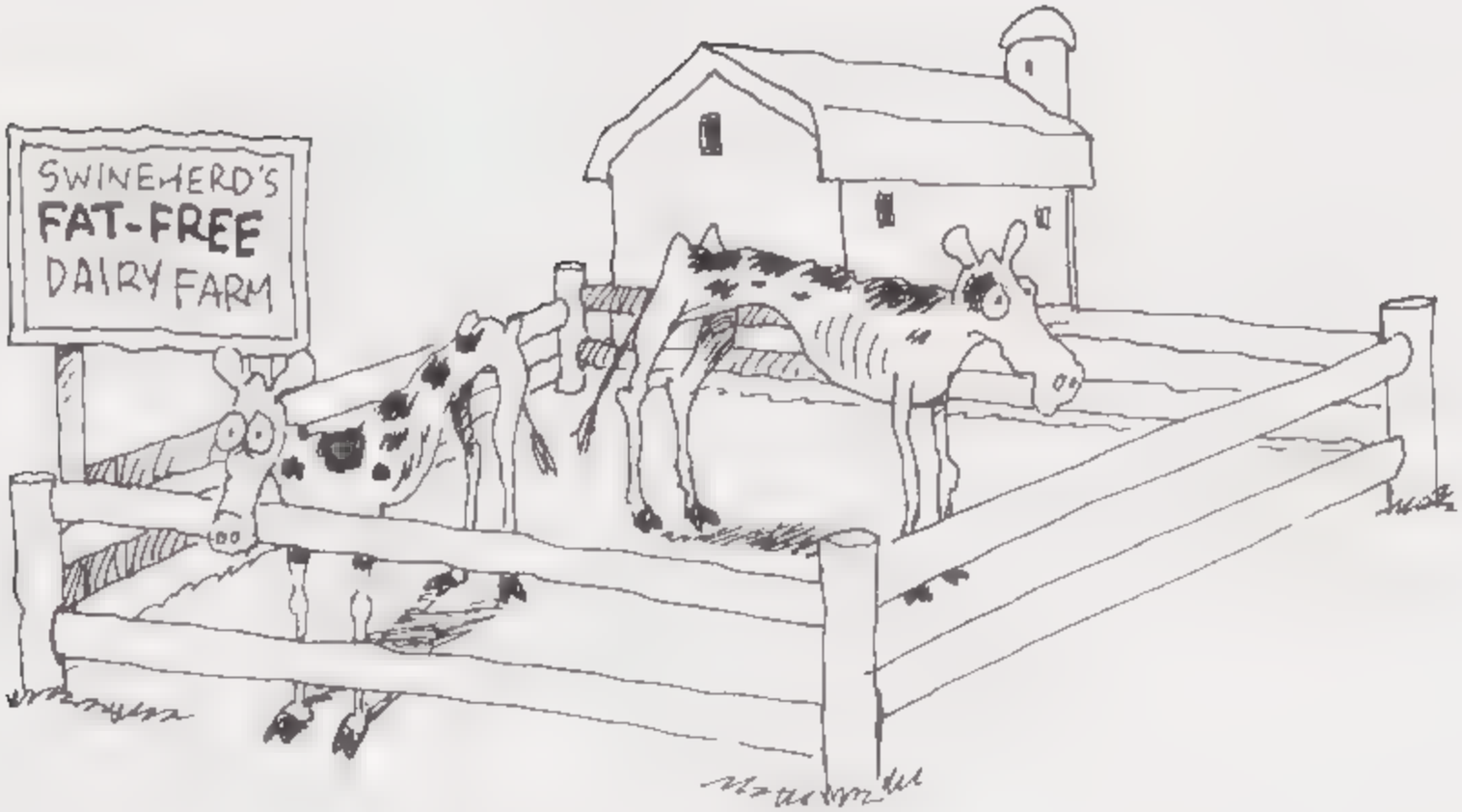
# CHEESECAKE—FAT OR FICTION?

Cheesecake is another natural milk product like ice cream and the same principles apply to it. Cherry, strawberry and pineapple toppings make cheesecake even more nutritious by providing vitamin C.



# CHEESECAKE—FAT OR FICTION?

To totally remove the calories from cheesecake, add a little yogurt to your favorite recipe. The live culture in yogurt consumes whatever calories are in the cheesecake itself, turning this scrumptious dessert into a natural health food.



# DRESS YOURSELF SKINNY

Dieting is foolish if you only have to lose 10 or 15 pounds. What do you think bold vertical stripes are for? High heels and shoulder pads also remove pounds, and you can hide almost anything in today's long, baggy sweat shirts. Smart dieters, and this includes everyone old enough to drink, avoid clothes such as bathing suits.

"No, no, it doesn't make you look fat."

"But Sandy, the salesgirl says 'It's perfect for you' to everyone."

# RUN YOURSELF THIN

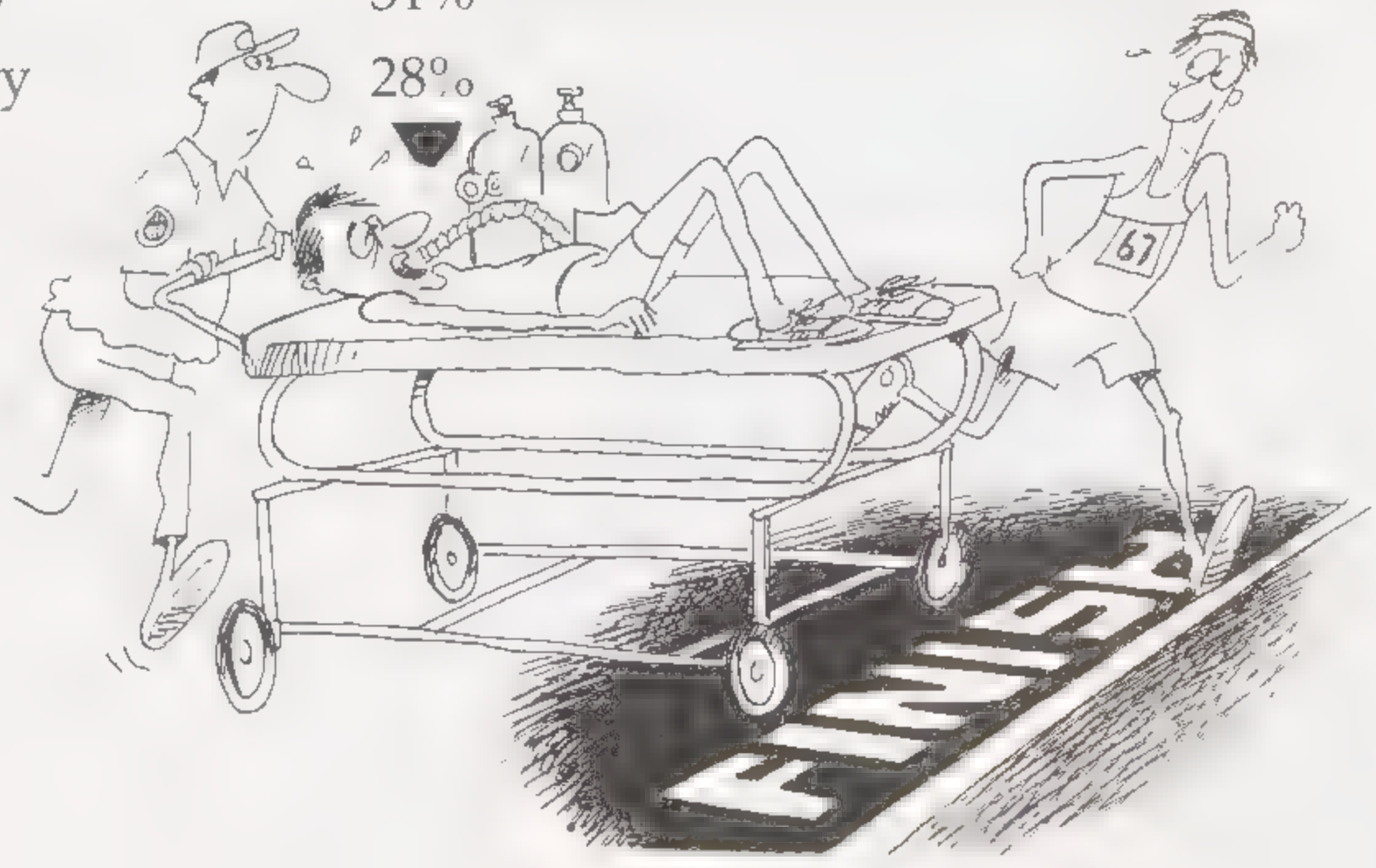
Running is a great way to lose weight and improve your cardiovascular fitness (whatever that is) at the same time.

In addition, running:

| | |
|---|---|
| Improves your aerobic fitness | 42% |
| Revitalizes skin tones | 31% |
| Clears mental capacity | 28% |

Of course running also increases your probability of:

| | |
|---|---|
| Being run over by a big truck | 490% |
| Eaten by an angry dog | 720% |
| Beaten and robbed by a mugger | 910% |



# RUN YOURSELF THIN

William was sure his running would help him to meet lots of women.

# ARE YOU GENETICALLY RIGHT FOR EXERCISE?

Some people are brilliant computer scientists and some are champion football players. It all depends on genetics. Some people have genes that make them read ridiculous books like this one rather than do something useful. Before you spend lots of money on fitness clubs and exercise equipment, check out your genes to see if you are the sort that should exercise at all.

To check your genes, a doctor, probably with a very sharp knife, has to take your genes out and look at them under a very powerful microscope. Maybe you'll do just as well continuing to read books like this.

# GENES AND EXERCISING

The Kenyans' childhood games prepare them for careers as marathon runners.

# ORGANICALLY GROWN FOOD

Organically grown food is free of poisons from pesticides, chemicals and all kinds of terrible pollutants. It's also full of bugs and little bits of wood and straw which is how you can tell the stuff is really organic. You've got to eat organically grown stuff quickly 'cause if you leave it around your kitchen for a few weeks, all those hiding, little bugs that were never killed by the pesticides will wake up one morning and take over your house.

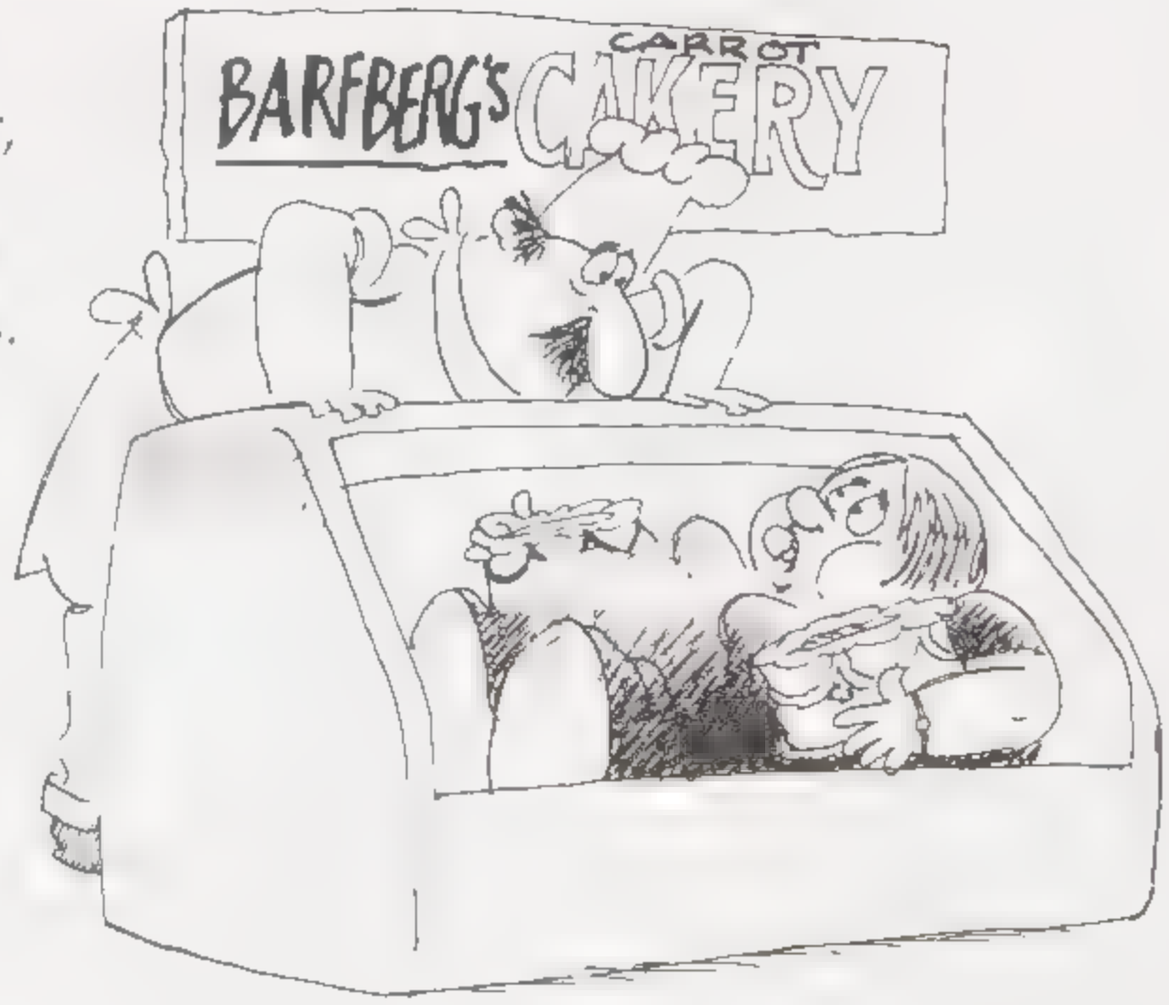
# WHY ORGANICALLY GROWN FOOD IS MORE EXPENSIVE

Regular farmers grow their food with sprays and chemicals which kill all the pests that have been plaguing mankind since prehistoric times. Organic farmers have to hire people to go out and step on all those bugs—at least the ones big enough to see—and this is just plain costly.

# HEALTH FOODS HAVE FEWER CALORIES

If it's good for you, calories don't count.

1. Raisin cookies and prune danish have absolutely no calories.
2. Carrot cake has less calories than carrots.
3. Peanuts are so good for you that it stands to reason that peanut butter, Reese's Peanut Butter Cups and peanut brittle should all be part of your daily minimum requirements.



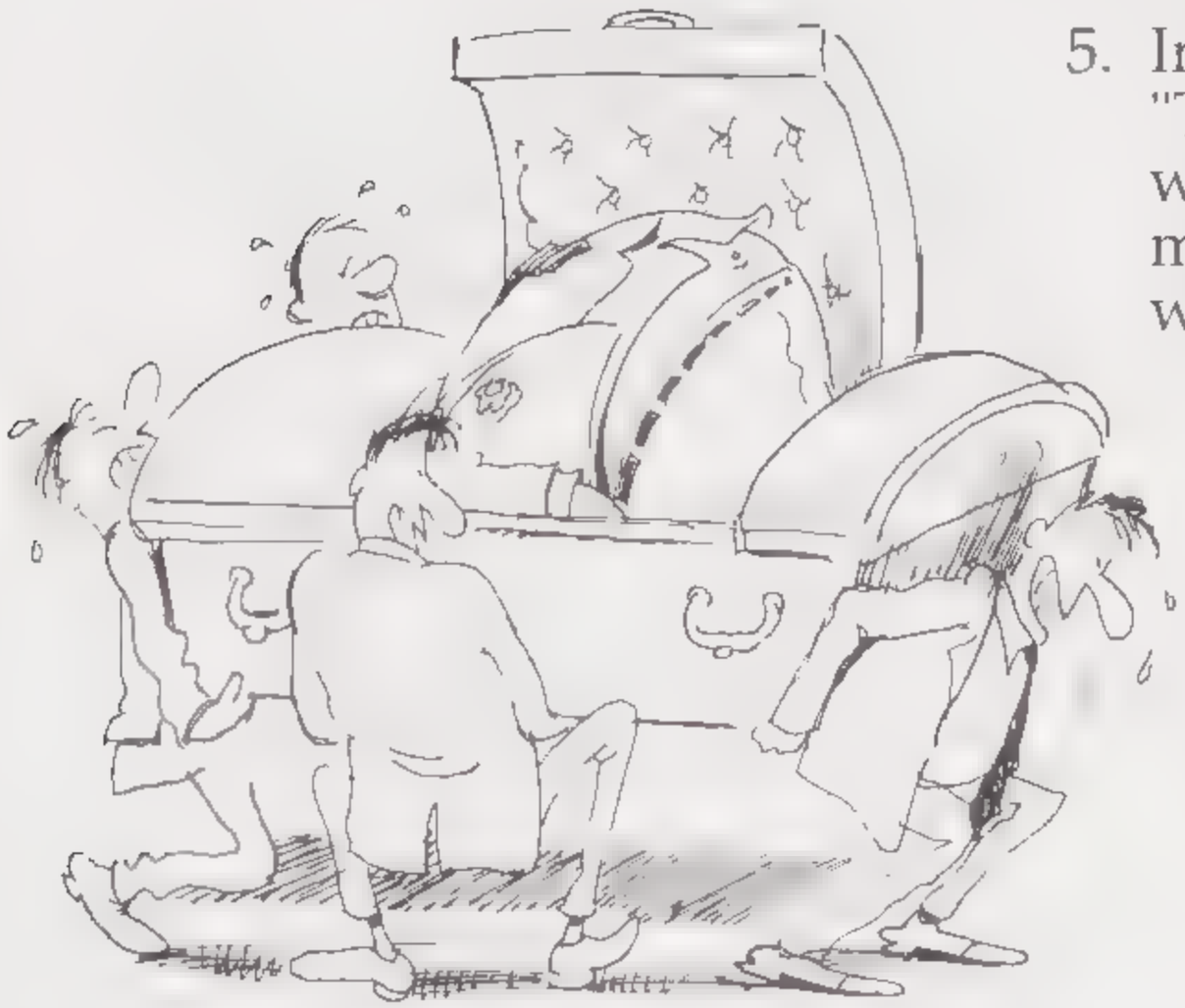
# HEALTH FOODS HAVE FEWER CALORIES

Phyllis thinks she can convert anything to a health food by sprinkling bean sprouts on it.

# WHEN TO START A DIET

Obviously no one was going to start a diet in a place where rum drinks were so cheap.

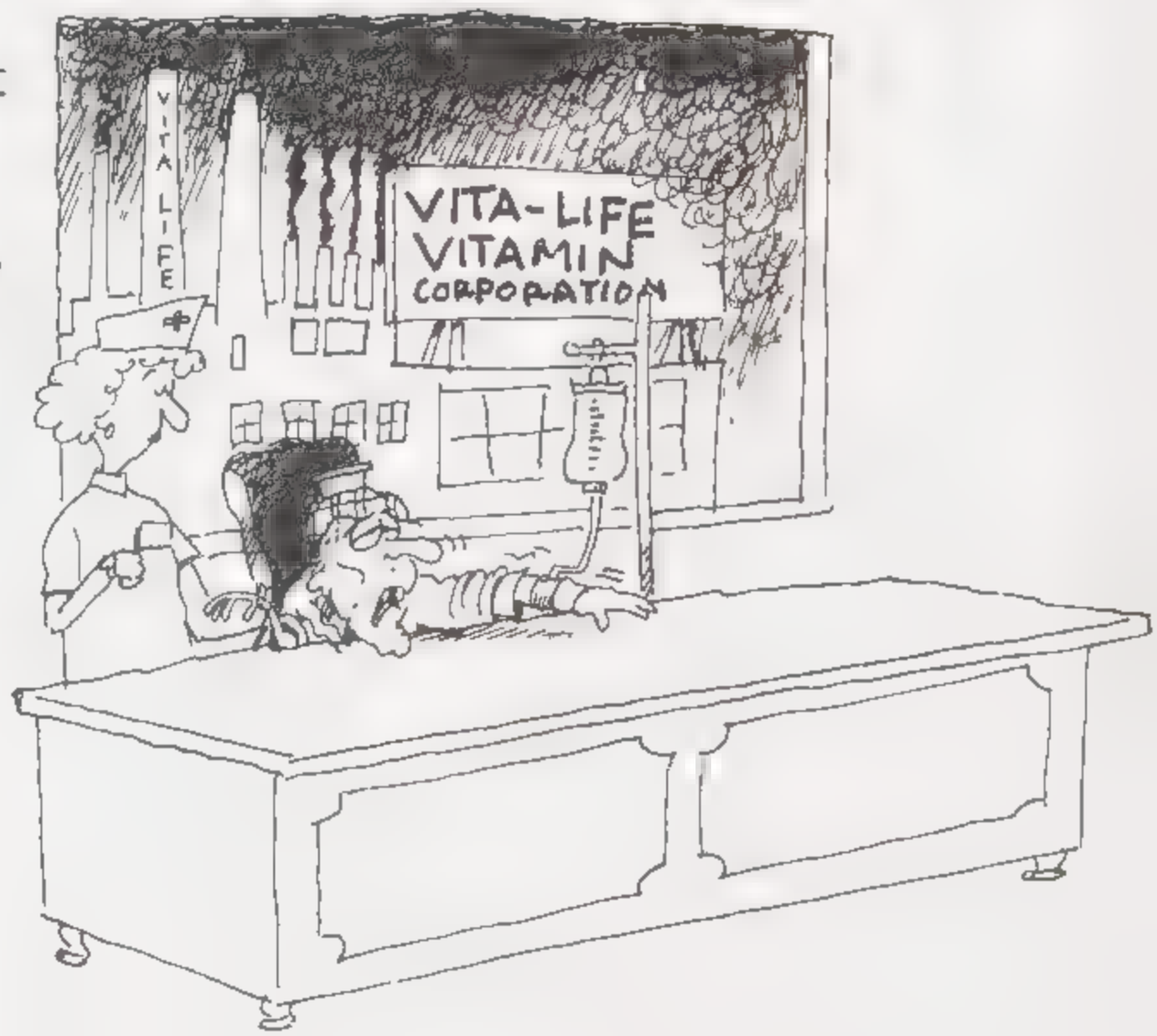
# WHEN TO START A DIET



1. After New Year's
2. First thing Monday morning
3. Right after your birthday
4. 3 weeks before bathing suit season
5. Immediately after overhearing "Thunder thighs" and assuming it was referring to you. Also after your mate informs you you're jiggling when you brush your teeth.

# ARE VITAMINS AND MINERALS GOOD FOR YOU?

Medical and nutrition experts are absolutely positive about which vitamins and minerals are indispensable to your health and well-being, and they only change their minds every few days. If you buy your vitamins on the day IRON is still good for you and read that week's newspaper story about how it causes heart attacks, you're a goner. One man from Minnesota didn't get the word on MERCURY in swordfish and ended up as a thermometer in a gas station. This is a true story.

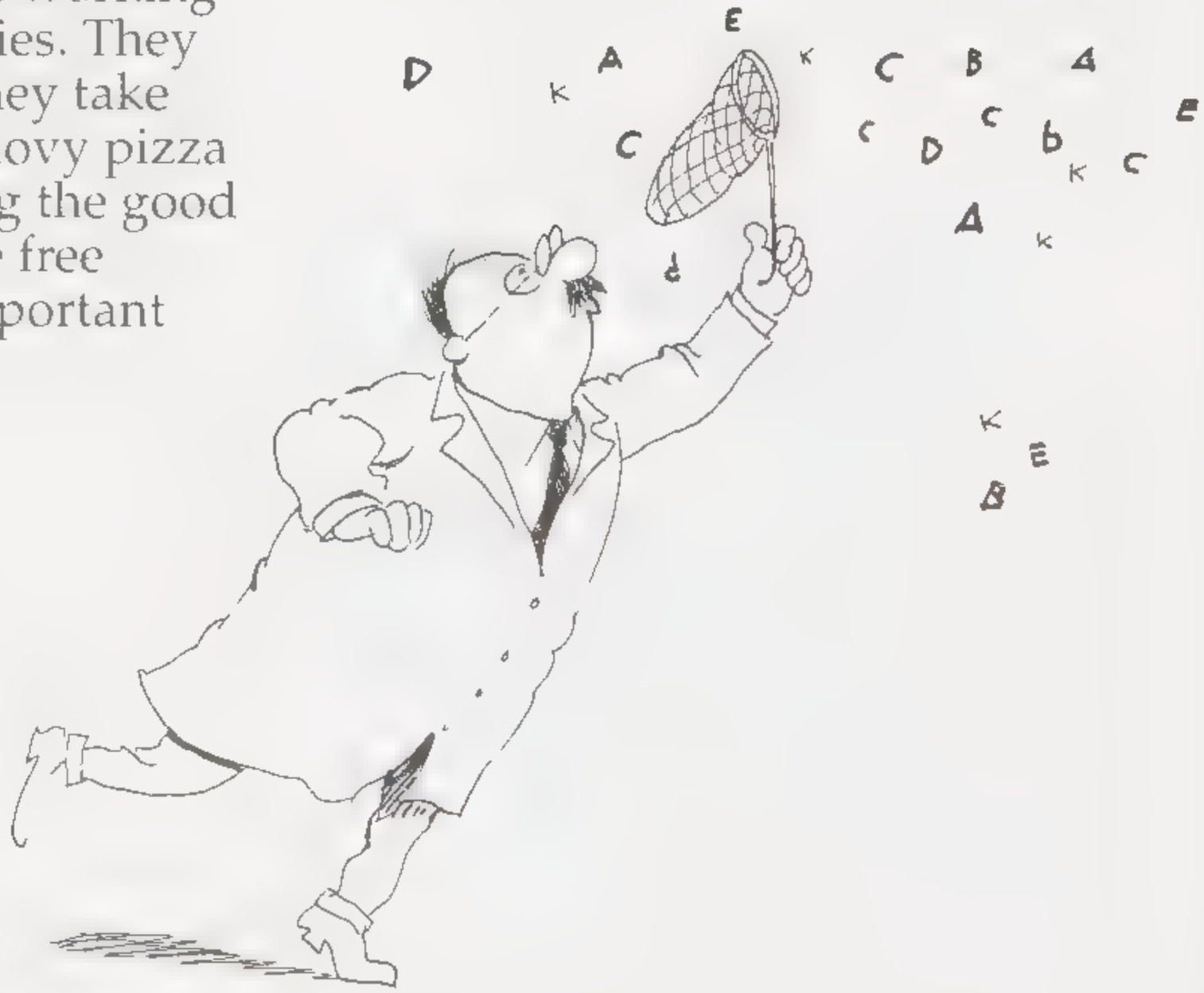


# ARE VITAMINS AND MINERALS GOOD FOR YOU?

Vitamin pills contain stuff like iron, manganese, chromium, iodine (if you can believe it), boron, tin and other things that are usually used to make cars, golf clubs and the like. It's no wonder people gain weight as they grow older. Do you suppose any of these minerals are really digestible? I would think all the minerals just accumulate and before you know it, you have iron bottoms, lead feet and hips made out of molybdenum.

# WHAT ARE VITAMINS ANYWAY?

Vitamins are little letters that are invented by clever scientists working for pharmaceutical companies. They sell you these letters after they take them out of things like anchovy pizza and orange Tic Tacs, keeping the good parts for themselves. It's the free enterprise way and very important in a capitalistic society.



# WHAT ARE VITAMINS ANYWAY?

Norman wondered if the vitamin K would really improve his sex life as much as the ad promised.

# EAT YOURSELF REGULAR

This hitherto unmentionable subject is printed here for the first time by the same clever fellow who brought you the Fart Books.

We're talking about constipation here. "Regular" is only a polite term for the real problem which is CONSTIPATION. Constipation is caused by eating too much butterscotch, gum drops and Midwestern garlic bagels.

It can be reversed by the following methods:

Pry it loose with prune juice.

Finagle it out with figs.

Loosen it with laxatives.

Blast it out with bran.

Fix it yourself with fiber.

# EAT YOURSELF REGULAR

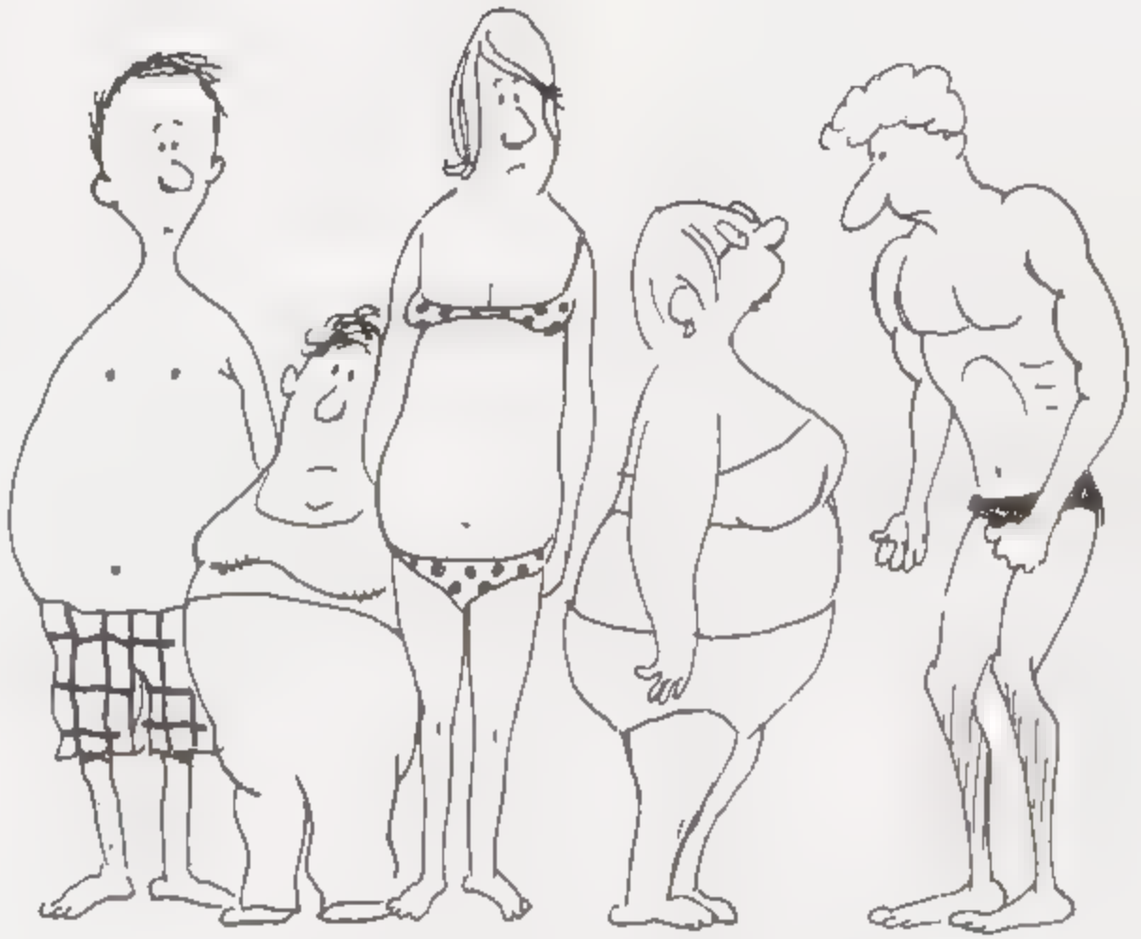
Herman finds that bran and natural fiber have an amazing effect on his regularity.

# WHAT'S YOUR BODY TYPE

Scientists have divided all mankind into 3 body types. No matter how much you lift weights, diet or exercise, you can't really change your body type very much.

**Ectomorphs**

This is a skinny, nervous, nerdy body type that can eat all it wants without gaining weight. Ectomorphs often wear glasses and go into professions like computers and accounting. Female ectomorphs rarely wear more than an A cup bra and male ectomorphs always get sand kicked in their face at the beach.



### Mesormorphs

These muscular people hang around gyms a lot and answer to names like Vinny, Gus or Gloria. Mesormorphs like to work with concrete and pose as Playboy centerfolds. Mesormorphs make most of the things Ectomorphs and Endomorphs use.

### Endomorphs

These are fat, happy people responsible for most of man's profound philosophical thinking. Endomorphs are very happy sitting and thinking. Endomorphs are responsible for inventing things like potato chips, chocolate mousse, Lazy-Boy recliners and birthday parties.

Endomorphs recognize the advantage of having a nice, soft, round tush to sit on, and they are wise enough to take advantage of it.

# BASIC YUPPIE FOOD GROUP

Urban, cosmopolitan, young and educated people have their own basic food groups consisting of:

Caffeine
Sugar
Alcohol
Fat

Their daily requirements are easily satified by a heaping portion of Kaluha Ice Cream.

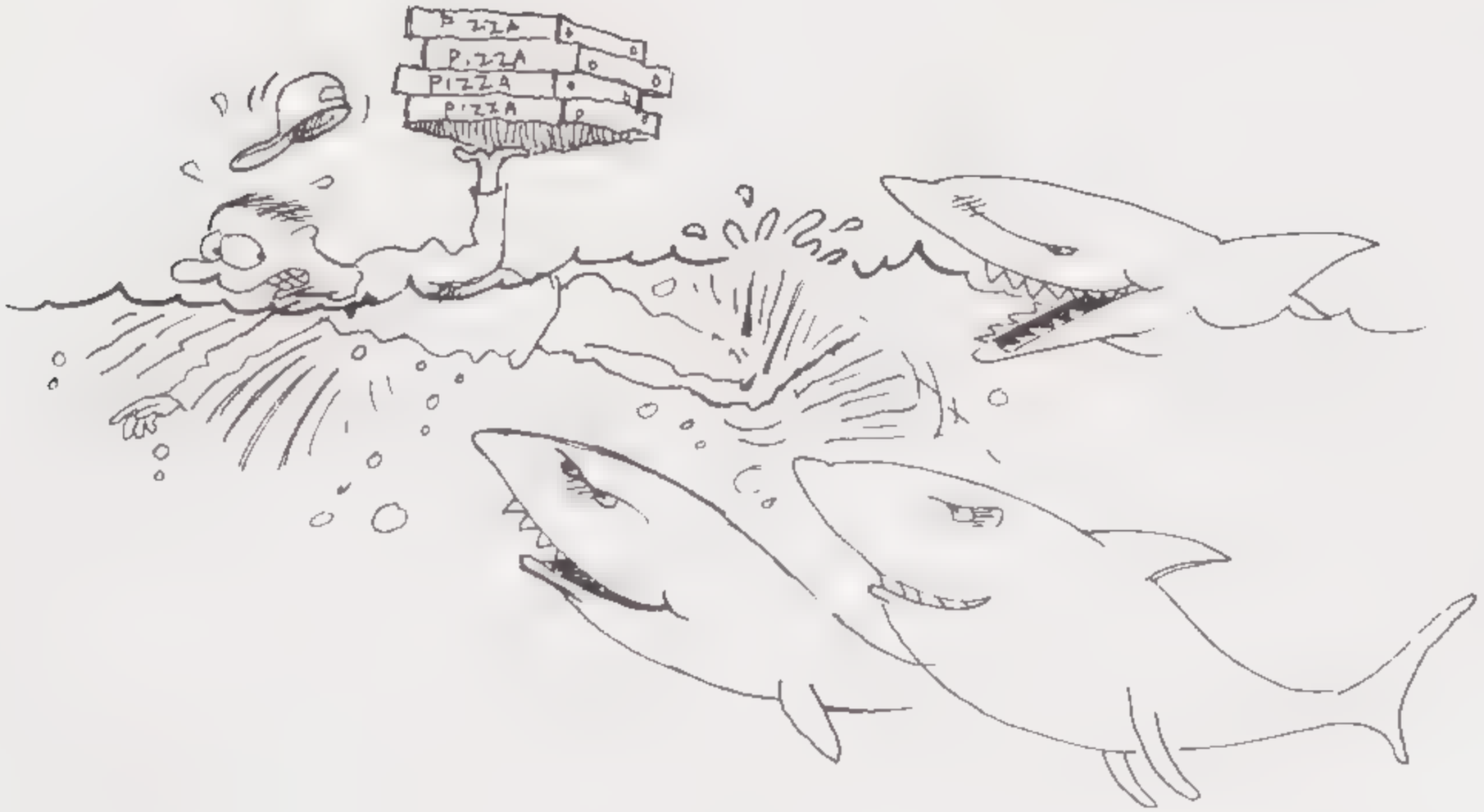
Martha was paranoid about her friends discovering just how many extra chocolate chips she put into her double fudge brownies.

# EXERCISE AND ENERGY

1. All calories consumed before exercise are considered carbo loading and don't count.
2. All calories consumed during exercise are necessary to keep up glucose levels and don't count.
3. All calories consumed after exercise are absolutely necessary to replenish body sugar levels, and the calories involved should be subtracted from your daily intake.

# EXERCISE AND ENERGY

Some of the boys decide to carbo load before the feeding frenzy.



# WHERE COLDS COME FROM

My mother was much more interested in figuring out the exact place and moment that you caught a cold than in curing it. Whole family meetings were held with aunts and uncles to determine just how you caught it.

"It was when his hair got wet at Aunt Sophie's." "No, no, it was when he didn't wear his sweater on that windy day."

Other aunts would argue for hours about which parts of the body were the most important to keep warm.

# WHERE COLDS COME FROM

Nowadays, of course, science has explained that colds are carried by germs and viruses. You get these germs mostly from sitting on dirty toilet seats, so if you don't want to catch colds, you should always put down paper like your mother taught you.

# IS KETCHUP A VEGETABLE?

Ketchup may be considered a vegetable only if:

1. It's put on french fried potatoes.
2. It's used to make meatloaf palatable.
3. You're using it to disguise some other vegetables that you really hate.

# IS KETCHUP A VEGETABLE?

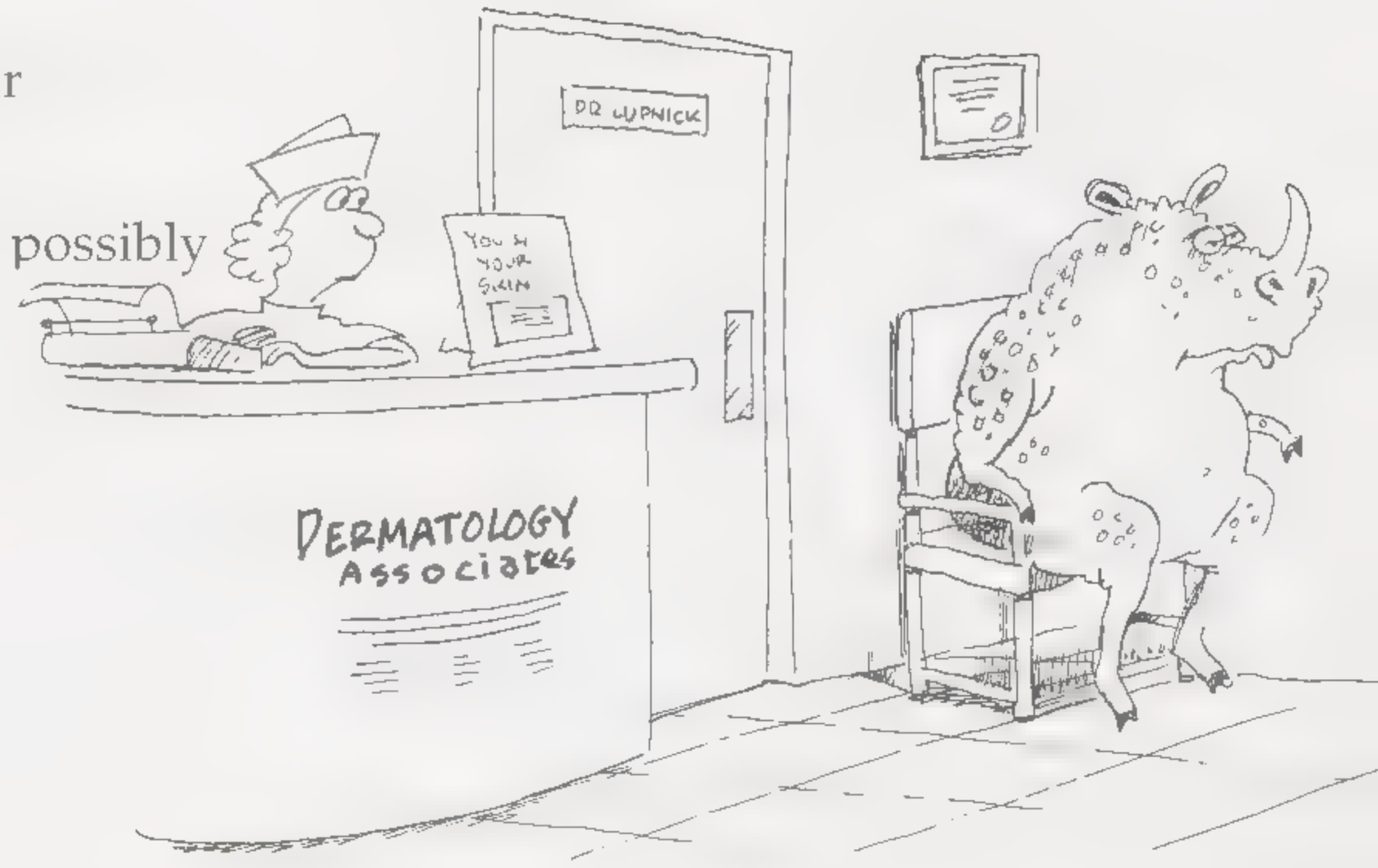
People who put ketchup on scrambled eggs or mashed potatoes are making a mockery of this whole ketchup business. Also people who put ketchup on hot dogs or corned beef instead of mustard will find they seldom get invited back to elegant dinners.

# HEALTH AND PIMPLES

Here's a list of things that have a bad reputation about causing pimples.

1. Chocolate
2. Honey roasted peanuts
3. Salami sandwiches
4. Not washing your hair
5. Green Tic Tacs

None of these things can possibly cause pimples.



# HEALTH AND PIMPLES

"Diane, no one is going to notice one little pimple."

The real causes of pimples are:

1. R-rated movies
2. Doing "you know what" under the covers
3. Nightmares about taking school exams
4. Saving Victoria's Secret and Frederick's of Hollywood catalogs
5. Fantasizing about sex during work

# ARE FARTS HEALTHY?

Definitely. Farts are a very natural body function whose main purpose is to keep you from exploding when you have a little gas.

Naturally, when you are on a first date or having dinner at your boss's house, you cannot fart, and thousands of people are killed each year exploding at times like these. If people would just realize that farting is a perfectly natural and acceptable act, just like picking your nose when you're stuck in traffic, thousands of lives would be saved.

# ARE FARTS HEALTHY?

"Howard feels his farting is perfectly acceptable because the doctor recommended the broccoli."

# IS SEX HEALTHY?

Sex may be fine for making babies but the effect on a person's health, and especially mental health, is usually devastating.

5 problems with sex are:

1. Fear of rejection
2. Realization of inadequacies
3. Acute embarrassment
4. Uncomfortable positions
5. Difficult to dispose of partner afterwards

# IS SEX HEALTHY?

There are some definite benefits, however:

1. Great stories to tell your friends
2. A splendid opportunity to test that condom you've been carrying for a year
3. A great way to learn some very descriptive new words
4. You'll definitely learn some new spots that feel real good
5. Unless you're a complete dork, it'll be much easier to get a date Saturday night

# WHY MILK IS GOOD FOR YOU

For one thing, it's a good idea to check the carton each day to make sure your picture isn't on the side. It's a relief to know you're not missing or wanted by the police.

Chocolate milk is nice, and if you drink it with a straw, you can have real fun blowing bubbles in the glass.

"Just drink your milk. That's not your picture."

# WHY MILK IS GOOD FOR YOU

The milkshake is invented in 1872.

Smart health nuts consume all their milk in the form of:

Premium ice cream

Dove Bars

Ben & Jerry's 9 billion flavors—Mmmm

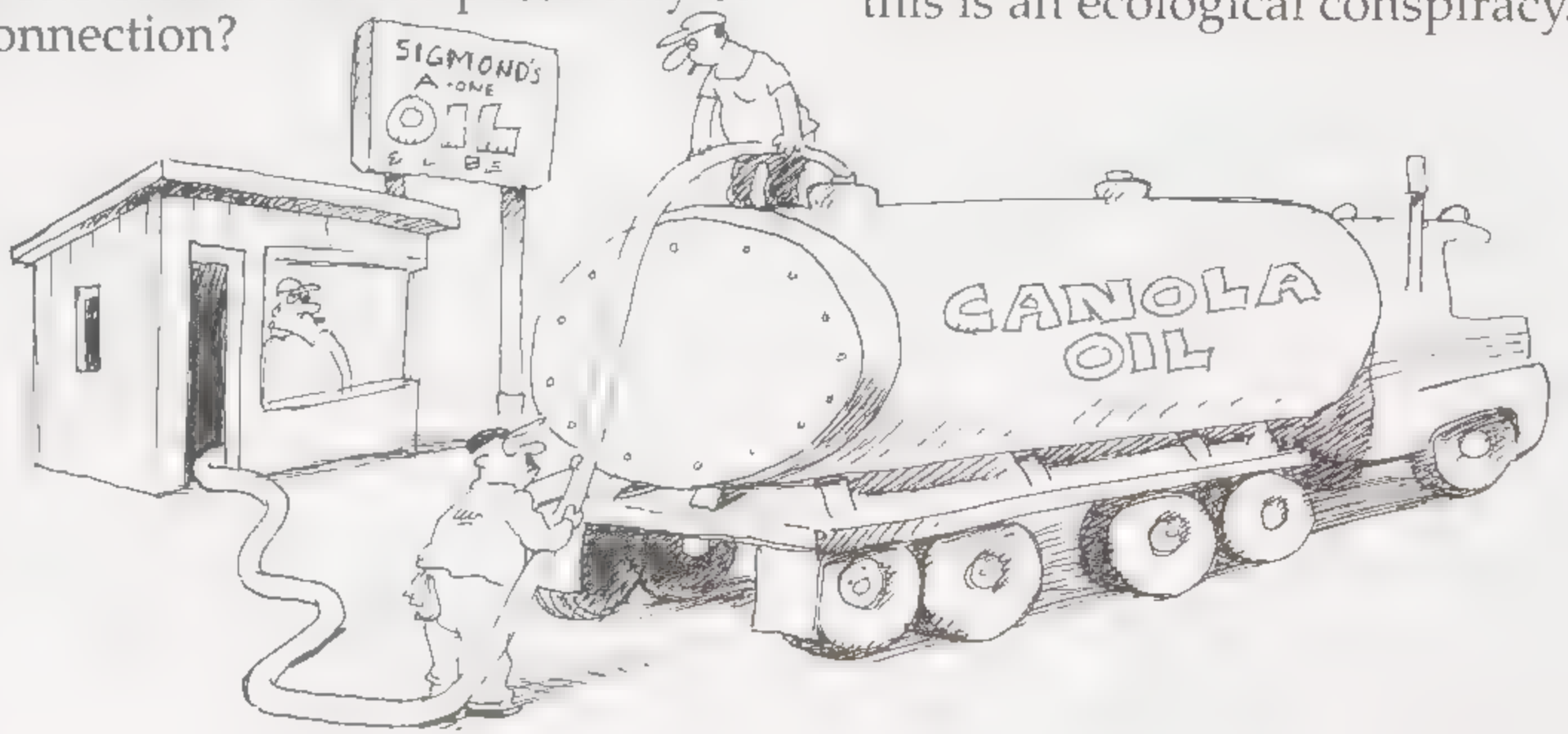
Any ice cream with fudge, M&M's, jimmies or sprinkles will make your whole day.

Add nuts and whipped cream for even more nutritional value.

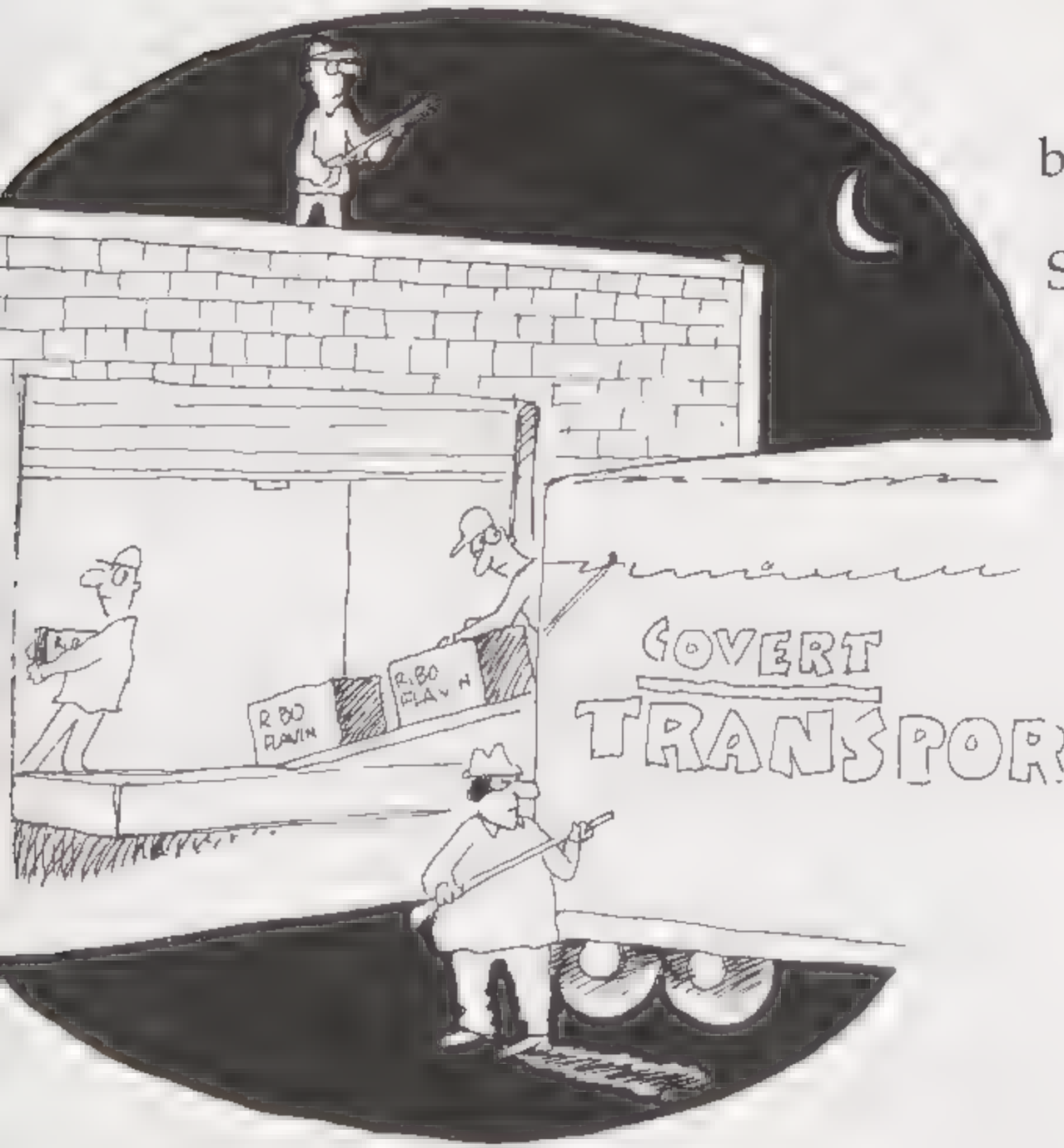
# THE SHOCKING TRUTH ABOUT CANOLA OIL

Have you ever met a canola farmer? I mean where does this stuff really come from? And, how come no one ever heard of canola oil before all the ecologists insisted gas stations start recycling their used motor oil? I don't want to start rumors, but has anyone considered the possibility of a connection?

Call your Congressman if you think this is an ecological conspiracy.



# WHERE DOES RIBOFLAVIN REALLY COME FROM?




Riboflavin is an important part of your diet because it's listed on the side of every box of food. It comes from the burnt, crunchy parts on the side of barbecued ribs. Mmmmmm. Gourmets have been known to kill for this part. So the government, in its wisdom, sees to it that everyone gets at least a little every day.

# GOOD AND BAD CHOLESTEROL

All cholesterol is not bad for you. High density cholesterol, the so-called good cholesterol, is important to your body's well being.

<u>Good Cholesterol:</u>

1. Keeps your hands and elbows soft
2. Keeps your joints flexible so you can touch your toes
3. Gives your hair body and luster
4. Sees to it that you never kiss on the first date

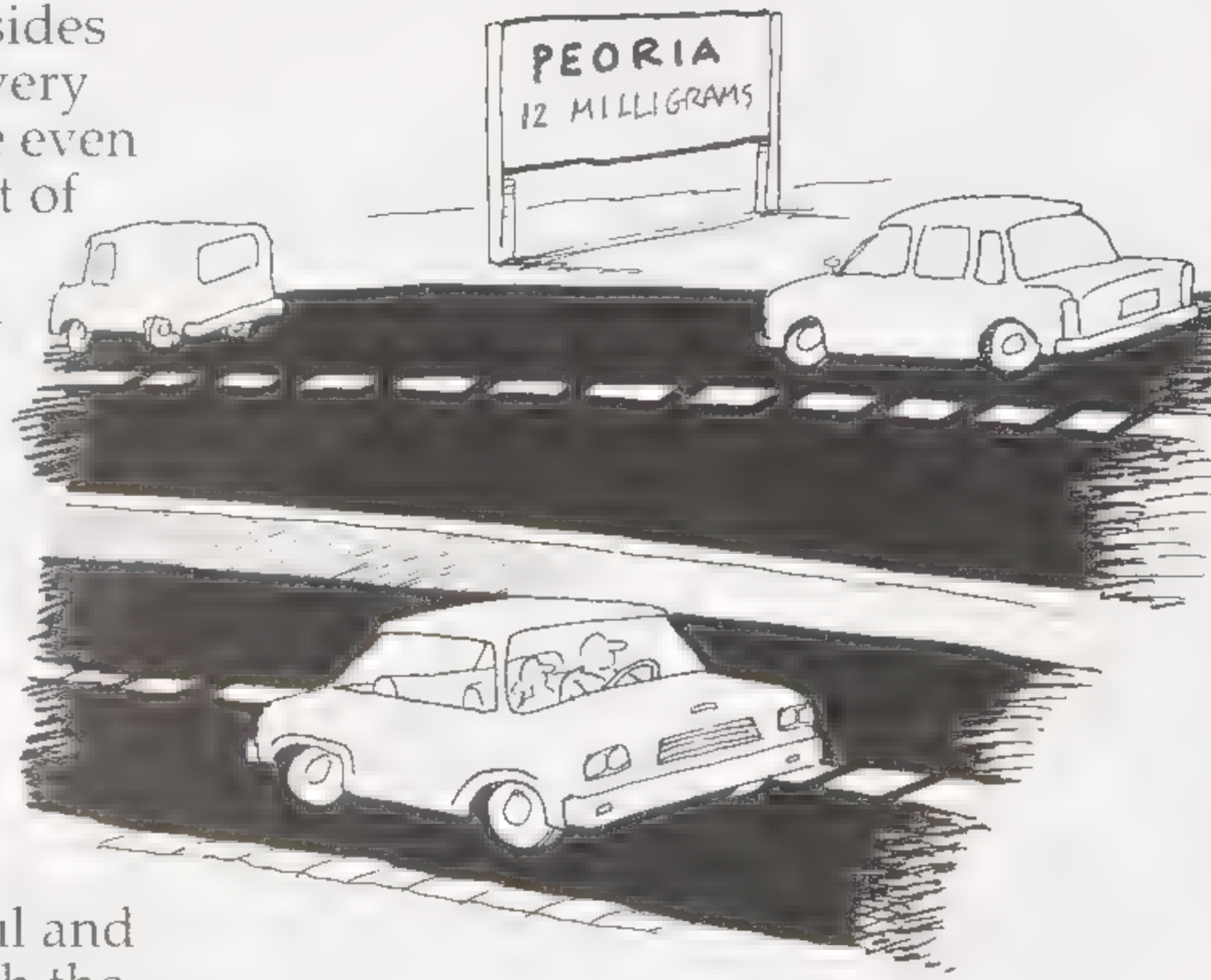
# GOOD AND BAD CHOLESTEROL

**Bad Cholesterol:**

1. Turns into cellulite overnight
2. Causes whiteheads and baldness
3. Makes you "go all the way" and ruins your reputation
4. Makes you feel full at All-You-Can-Eat dessert buffets

# WHAT'S A MILLIGRAM ANYWAY?

It's time to make sense out of the nutritional information on the sides of boxes. Milligram means it's very little, taking thousands to make even one Fig Newton. Grams are sort of like grains (of sand or sugar I presume), and bunches of them make up one bite.




Three bites make a big mouthful and if no one's around you can finish the whole box yourself.

# THIAMINE AND THIGHS

Thiamine is another important thing listed on the sides of boxes. It's formed by rubbing thighs together. If you share the crunchies in the box, along with beer or margaritas, with an attractive member of the opposite sex, you'll get plenty of thiamine.

# SUSPICIOUS FOOD INGREDIENTS

Monosodium Glutamate – It sounds like something you wear in your eye.

Soybeans – How come you never see these on a restaurant menu?

Cottonseed Oil – You can eat cotton?

# SUSPICIOUS FOOD INGREDIENTS

Flavor Enhancer – You mean something to make reprocessed kidney parts taste better.

Wheat Gluten – It helps you make a glutton out of yourself.

Rapeseed Oil – I don't even want to know where this comes from.

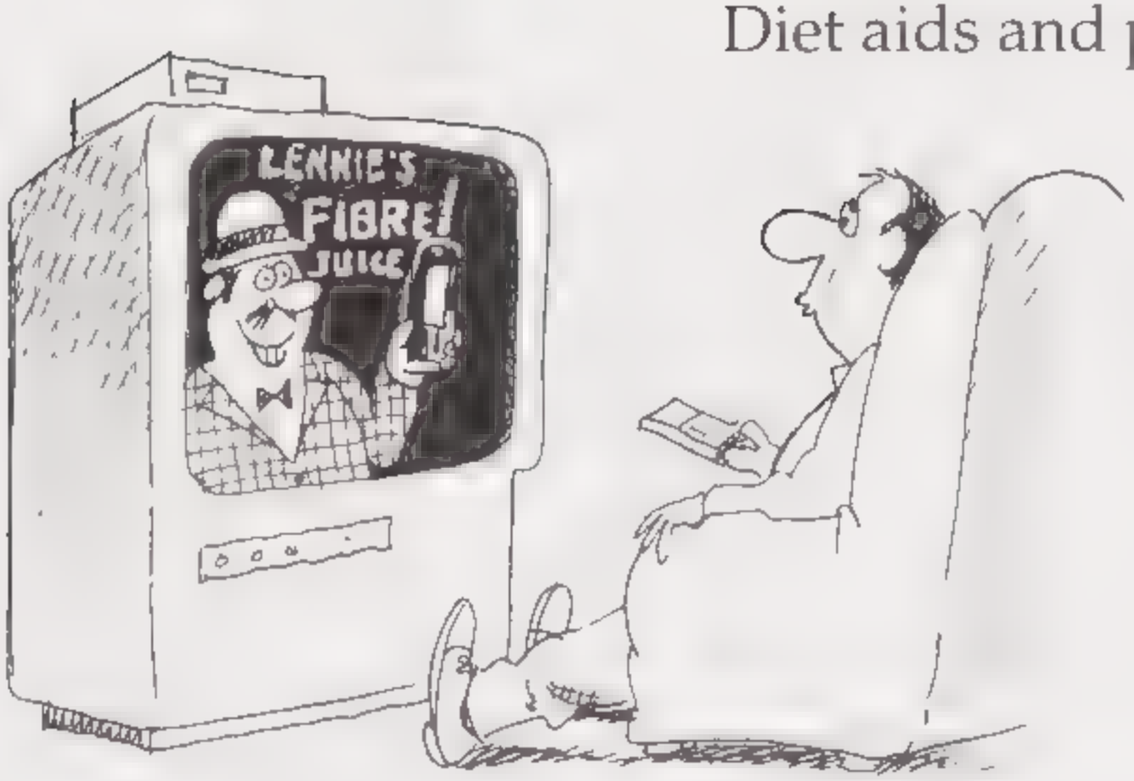
# MAKE BIG MONEY IN THE HEALTH BUSINESS

It's a fact. Most English speaking millionaires made their fortune selling silly health and diet ideas to people who are so incredibly naive you can hardly believe it. You bought the book didn't you?

The concept is easy. Just promise that grapefruit will melt fat away, that eating lamb chops is fine provided you don't eat bread or drinking enormous quantities of water will wash all the calories away. Almost any scheme will make money provided that it doesn't involve giving up pizza or chocolate.

# MILLIONAIRES IN THE HEALTH BUSINESS

| | |
|---|---|
| Writers of diet books | 178 millionaires |
| Liver and spinach diets | 2 millionaires |
| Weird new food theories | 68 millionaires |
| New exercising programs | 12 millionaires |
| Exercise programs that prohibit sweat | 672 millionaires |
| Diet aids and pills | The entire population of Shaker Heights, OH; Dover, MA; and the Upper East Side of New York City, NY |



# POSSESSION RULE OF WEIGHT MAINTENANCE

The "Possession Rule of Weight Maintenance" promises that other people's food has no caloric effect on you. If your dining companion orders cheesecake and you eat half of it, your partner will gain all the weight. Donuts, potato chips and Mars Bars purchased in the name of minor children remain the caloric possession of the children regardless who eats them.

# POSSESSION RULE OF WEIGHT MAINTENANCE

"You've just met 100% of your minimum daily food requirements. You can eat junk food the rest of the day."

# ETHNIC FOODS FOR HEALTH

"Ethnic" foods are calorie free, but only if you have a genetically-inherited resistance. Therefore, it is permissible to eat lasagna, if you're Italian, but not if you're Polish (unless you're married to an Italian.) Anyone whose name ends in "ski" may consume Kielbasa.

Note: caloric immunity is relinquished if you change or shorten your name. People named Green may not eat blintzes without suffering the caloric consequences.

Melissa knew some of the dishes Fahida's family ate were going to seem strange to her.

# MEDICINAL EATING

During the flu season, mother's chicken soup is as valid a cold remedy as you're likely to find, but there are lots of other foods that can replace a trip to the doctor.

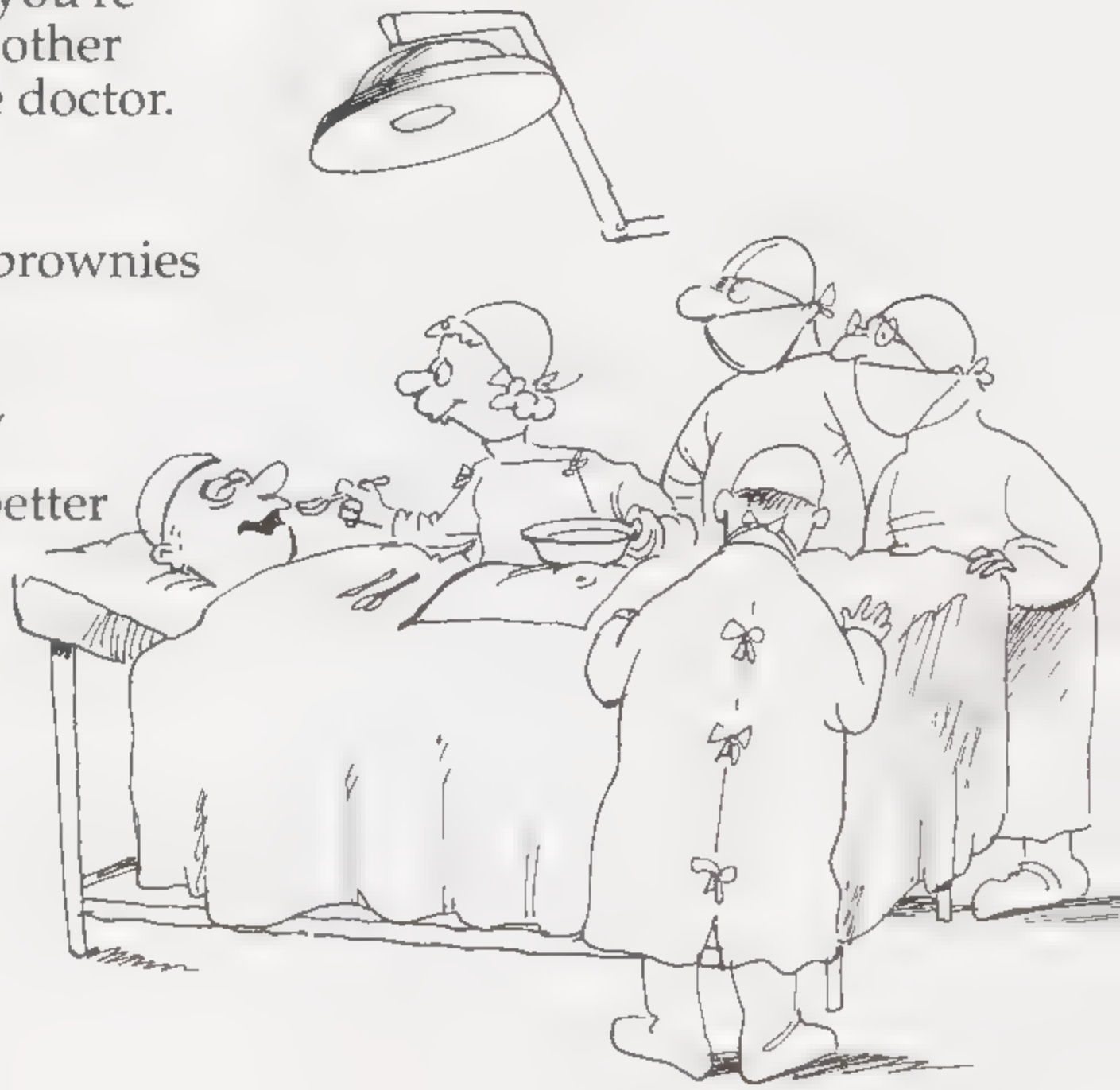
Sleep inducers – Hot cocoa

Tranquilizers – Warm milk and brownies

Pain killers – Oreo cookies

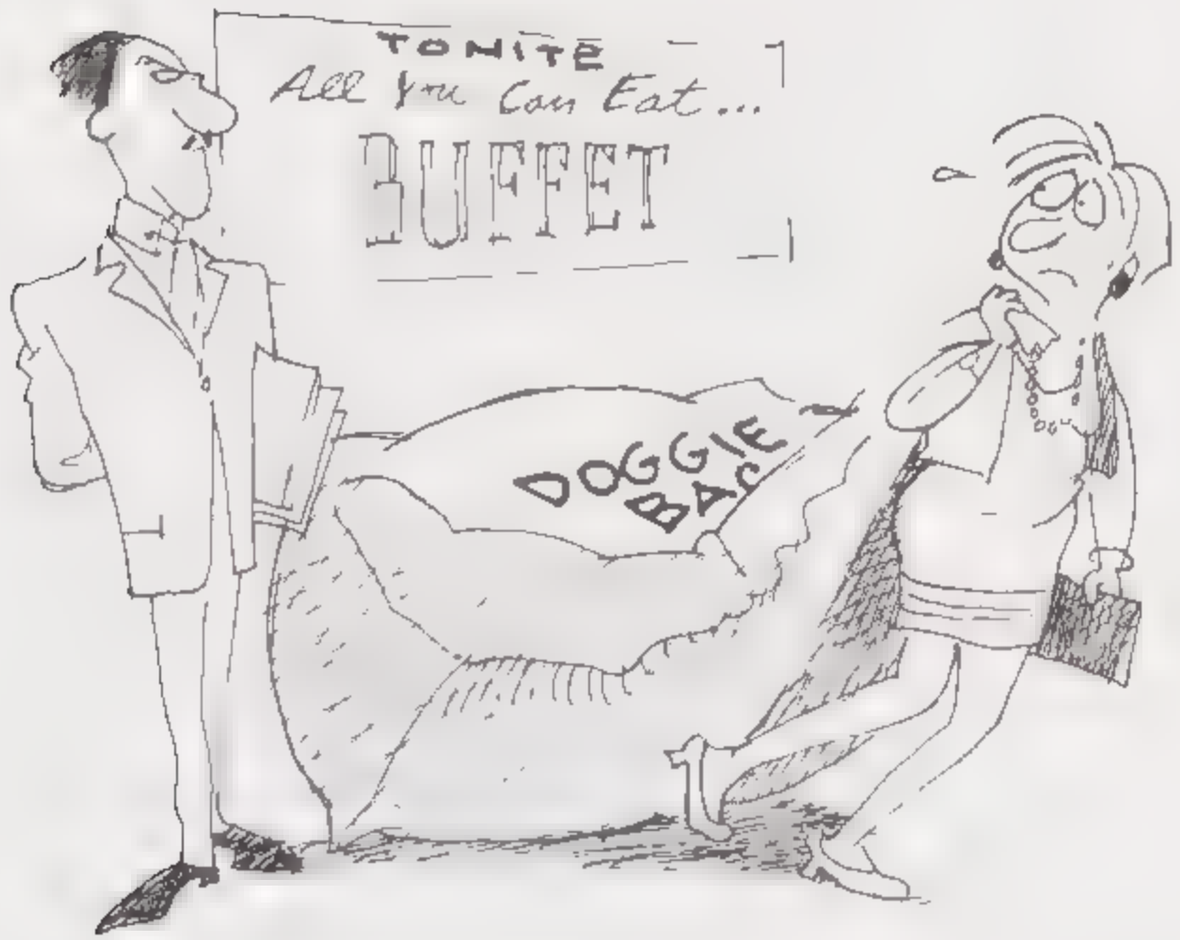
Cramps – Snifter of brandy

And nothing settles your nerves better than a double scotch.



# RULES FOR BUFFETS

Take all you want but
eat all you take.




1. Don't fill your plate with lettuce.
2. Pile the smoked salmon, roast beef and fried chicken so the salad dressing doesn't make them soggy.
3. Save room for dessert.
4. Blithely assume no one is counting how many times you go back.
5. Hide the doggy bag under your overcoat.

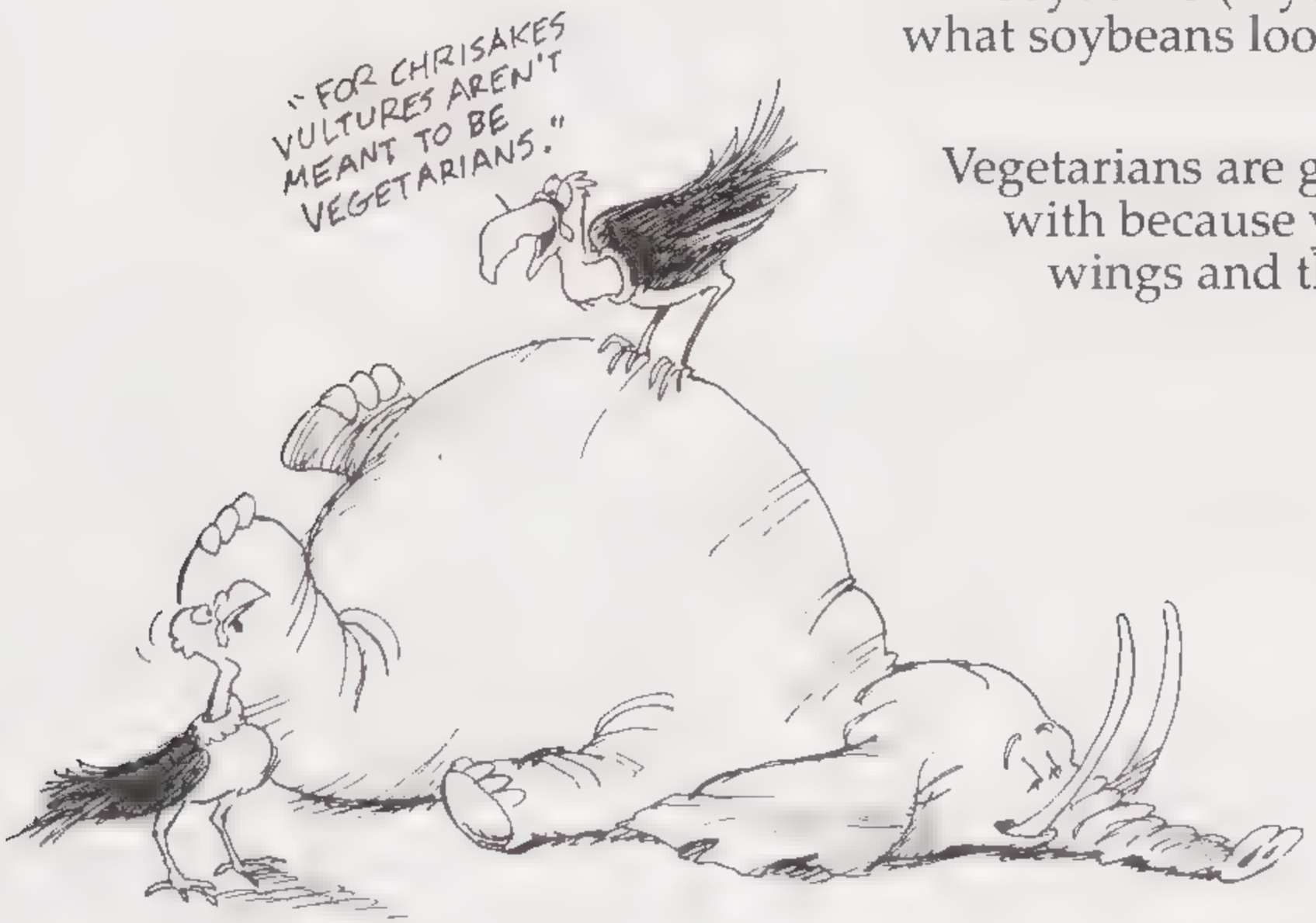
# VEGETARIANS AND HEALTH

Vegetarians are different from the rest of us. They don't eat the cadavers of dead animals. Instead, they get their protein from eating stuff like beans and lentils, if you can believe it.

Vegetarians:

1. Tend to be gassy
2. Are very disruptive on planes where their meals tend to be better than yours
3. If they're women, they don't like to shave their legs (or armpits)
4. If they're men, they often have beards and don't bathe with any regularity

# VEGETARIANS AND HEALTH




If you ever have to feed a vegetarian, give them something made out of soybeans (if you happen to know what soybeans look like.) Vegetarians love soybeans.

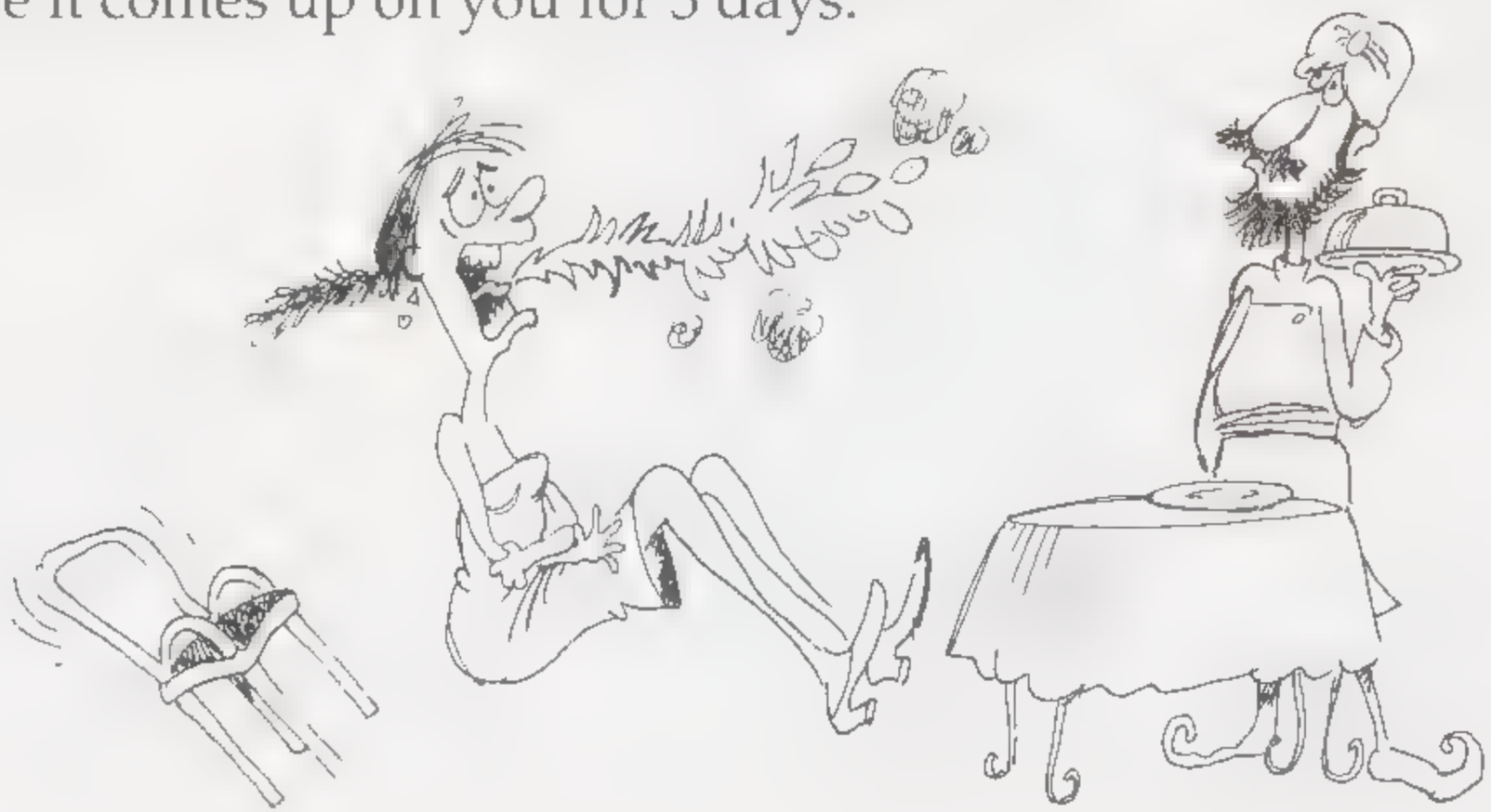
Vegetarians are great to share meals with because you get the chicken wings and they get the sprig of parsley.

# EAT YOURSELF HEALTHY WITH FOREIGN FOODS

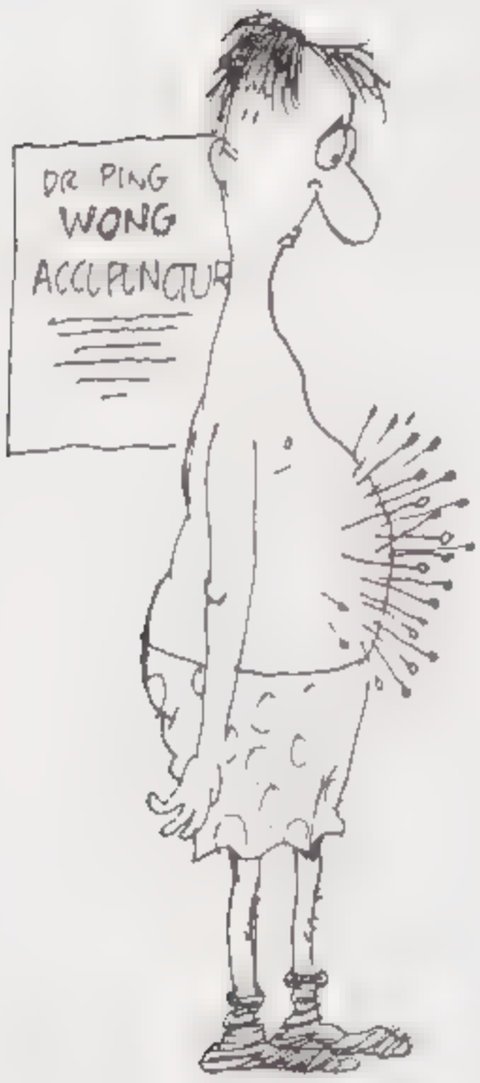
Near Eastern – Pita means "pocket" in Arabic. Anything you eat with pita bread forms a pocket in your stomach, trapping the calories.

Thai – As long as it's coated in hot peanut sauce, it burns anything harmful out of the food.

Indian – You only have to eat a few times a week, 'cause it comes up on you for 3 days.



# EAT YOURSELF HEALTHY WITH FOREIGN FOODS




Chinese – A great way to stay nourished since you're hungry an hour later, unless you've eaten Peking Duck with real fatty skin, in which case you won't feel like eating until all your antacid pills are gone.

French – It's not the fine French food that prevents heart attacks, but the red wine. Don't skimp on it.

Italian – The garlic alone will prove who your real friends are.

Mexican – The world famous Mexican water diet is the one guaranteed way to lose weight while on vacation.

# VEGETABLES FROM YOUR OWN GARDEN

The U.S. Department of Agriculture has determined that the amount of energy required to grow one ear of corn in the suburbs is roughly equivalent to digging a tunnel under your garage. The energy expenditure to produce one Big Boy Tomato is equivalent to bicycling to San Francisco.

# VEGETABLES FROM YOUR OWN GARDEN

Paul totals the cost of growing his own vegetables.

| | |
|---|---|
| 8 tomatoes | – $4.73 each |
| 14 small carrots | – $1.28 each |
| 1 wormy watermelon | – $14.75 each |
| 4,700 zucchini | – $.09 each |
| 1 misshapen pumpkin | – $26.76 each |
| 6 ears of corn | – $4.25 each |
| 6,400 ears of corn eaten by raccoons | – $.02 each |

# OUTFIT A HEALTH KITCHEN FOR UNDER $300,000

A few kitchen accessories will enable you to turn your kitchen into a center of health and fitness. These accessories, however, do not come cheap, and unless you can arrange to get them as wedding gifts, you will have to obtain a second mortgage to afford them.

Pasta Maker
Yogurt Maker
Ice Cream Maker
Omelet Pan
Quiche Pan
Souffle Pan

Juicer
Blender
Food Processor
Food Dicer
Bread Maker
Wok

Slow Cooker
Microwave
Crock Pot
Cappuccino Maker
Steamer
Fondue

You don't have to worry about using all this equipment at the same time, as no kitchen has enough outlets to plug them all in.

# OUTFIT A HEALTH KITCHEN FOR UNDER $300,000

Fat Fingered Thor develops
the world's first juicer.

# FOREIGN HEALTH FOOD DEFINITIONS

Tofu – "Whale snot", in Japanese

Yogurt – "Spoiled cheese", in Arabic

Enchiladas – Literally means "in the rest room"

Kielbasa – "Kill the Russians with heartburn", an ancient Polish battle cry

# FOREIGN HEALTH FOOD DEFINITIONS

Wonton – "Hide the leftovers in a kreplach."

Moong Ki Dal – An Indian prayer meaning "Now the white guests should go home."

Indian Pudding – "Tell 'em it's dessert then we won't have to eat it for breakfast."

Lokshen Kugel – "There's always room for a little more."

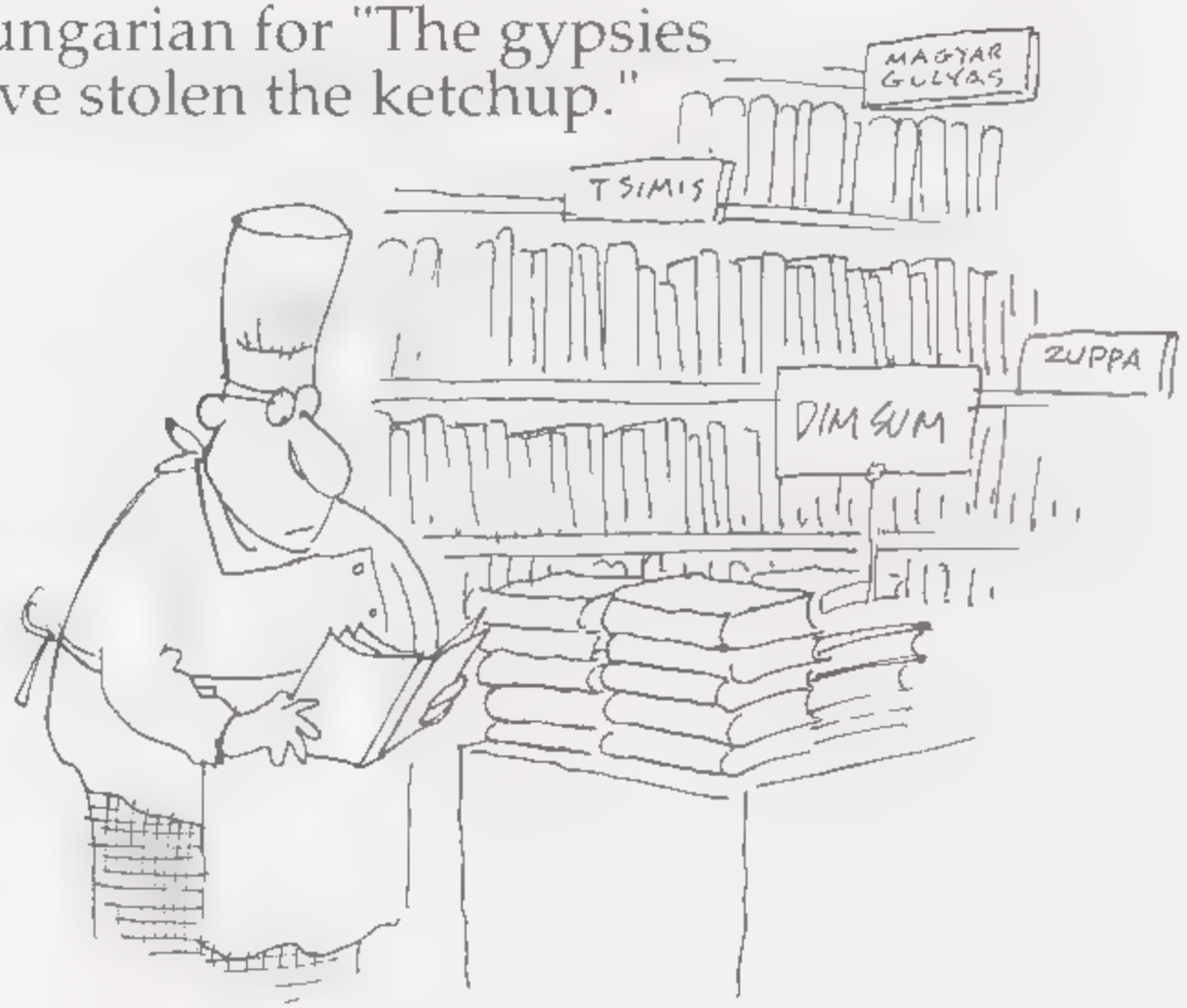
# FOREIGN HEALTH FOOD DEFINITIONS

Zuppa Veneziana Di Pesce – In Italian, "Place to hide the fish heads."

Dim Sum – "A La Carte", in Cantonese

Tsimis – Yiddish word meaning, "His room is such a mess he can't find his underwear."

Magyar Gulyas (goulash) – Hungarian for "The gypsies have stolen the ketchup."



# FOREIGN HEALTH FOOD DEFINITIONS

"How come you never run
after you carbo load?"

# VEGETABLES ARE GOOD FOR YOU

Asparagus – To make your pee smell funny

Pepper – To make you burp

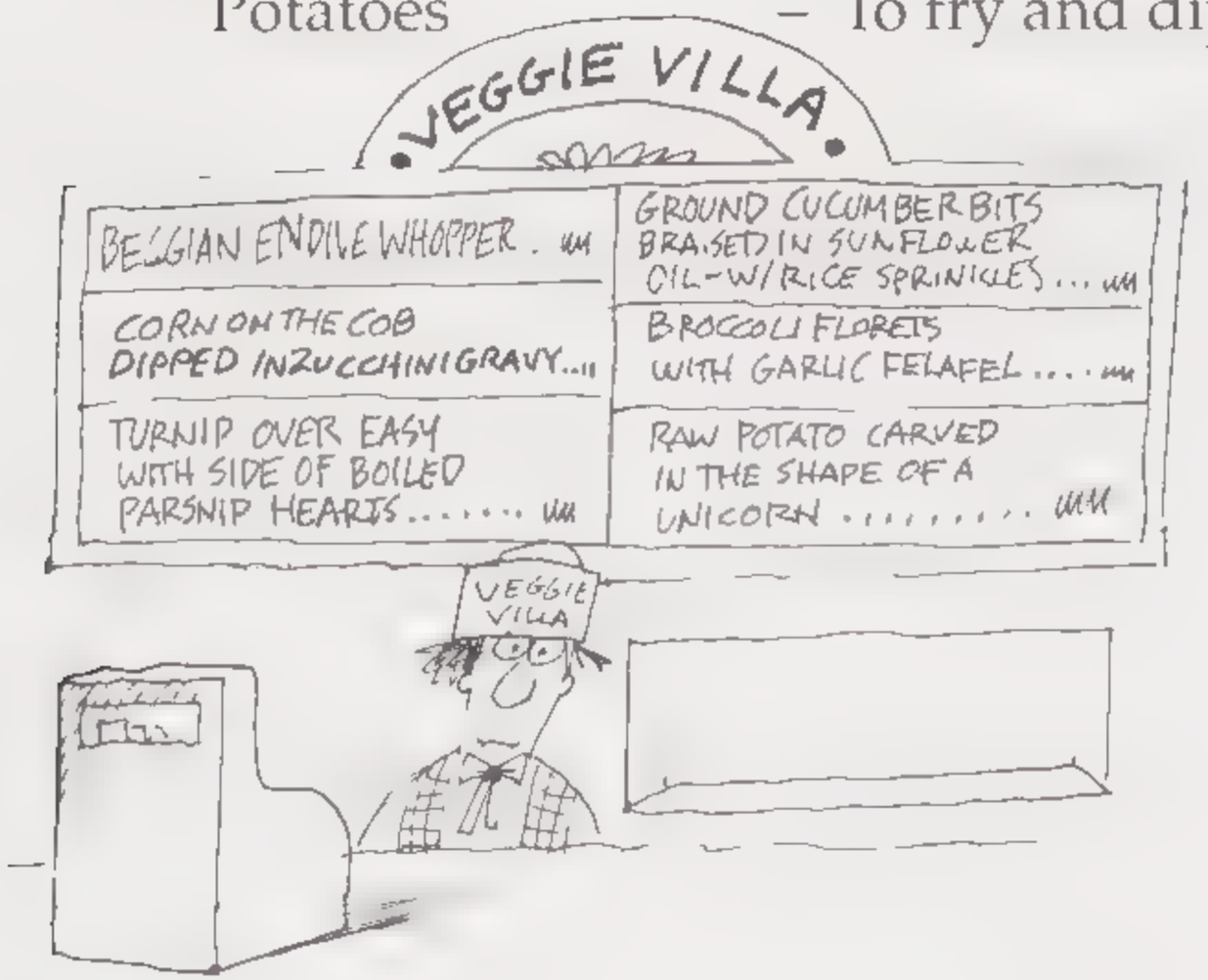
Celery – 'Cause it has no calories

Beans – To make you gassy

Artichoke – To embarrass you at your boss's house

# VEGETABLES ARE GOOD FOR YOU

| | | |
|---|---|---|
| Belgian Endive | – | To impress your date |
| Corn | – | So you'll remember to floss |
| Turnips & Parsnips | – | For children's stories |
| Cucumbers | – | Are better than men, because |
| Broccoli | – | To make you fart |
| Potatoes | – | To fry and dip in ketchup |


VEGGIE VILLA
BELGIAN ENDIVE WHOPPER . . . .
CORN ON THE COB DIPPED IN ZUCCHINI GRAVY . . .
TURNIP OVER EASY WITH SIDE OF BOILED PARSNIP HEARTS . . . . . .
GROUND CUCUMBER BITS BRAISED IN SUNFLOWER OIL - W/ RICE SPRINKLES . . . .
BROCCOLI FLORETS WITH GARLIC FELAFEL . . . . .
RAW POTATO CARVED IN THE SHAPE OF A UNICORN . . . . . .
VEGGIE VILLA

# A CONNOISSEUR'S GUIDE TO ANTACID

Mylanta – Cool minty flavor that gives you an excuse to overeat, mild taste that doesn't dominate

Tums – Easy to hide in purse or pocket, chalky taste but good source of calcium

Maalox – You need a prescription to use Maalox if you're under 55-years-old

# A CONNOISSEUR'S GUIDE TO ANTACID

Pepto-Bismal – Once you get by the cloying taste you'll forget your stomach was ever upset, very festive and buoyant color for your table

Rolaids – Good tactical sensation on your tongue, fresh minty taste

Alka-Seltzer – Great effervescence, dry yet robustly flavored, splendid with dessert, it may be served anytime, chilled or at room temperature

# Other books we publish are available at many fine stores. If you can't find them, send directly to us.

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**2401-Is There Sex After Children?** There are chapters on pre-teens and privacy, keeping toddlers out of your bedroom, great sex myths to tell your kids, how to have sex on a vacation, places to hide lingerie, where children come from, things kids bring to show and tell and more.

**2402-Confessions From The Bathroom.** There are things in this book that happen to all of us that none of us ever talk about. The Gas Station Dump, for example, or the Corn Niblet Dump, the Porta Pottie Dump, the Sunday Newspaper Dump to mention just a few.

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**2406-World's Sex Records.** Lists the greatest sex records of all time, including the world's most successful personal ad, the kinkiest bedroom, the most calories burned during sex, the cheapest escort service and the greatest sex in a car -- plus many more.

**2407-40 Happens.** When being out of prune juice ruins your whole day, you finally fulfill your book of the month commitment, you can no longer party for 24 hours straight and you realize anyone with the energy to do it on a weeknight must be a sex maniac.

**2408-30 Happens.** When you no longer party all night long, you take out a lifetime membership at your health club, and you still wonder when the baby fat will finally disappear.

**2409-50 Happens.** When you remember when "made in Japan" meant something that didn't work, and you can't remember what you went to the top of the stairs for.

**2410-Bosom Buddies.** Uncovered at last--the truth about women's bouncy parts: they're probably talking to each other! This book tells us what they would say, if only we could hear them!

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# EAT YOURSELF HEALTHY

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**Herbert Kavet**

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